

How to Properly Store Items In Your Share

- Check the [temperature setting](#) of your fridge. **Keep the temperature at 40° F or below to keep foods safe.** The temperature of your freezer should be 0° F.
- Use the [FoodKeeper App](#), available as a mobile application for [Android](#) and [Apple](#) devices. This app has information on how to safely store different foods to maintain freshness and quality.
- Refrigerate peeled or cut veggies for freshness and to keep them from going bad.
- Use your freezer! Freezing is a great way to store most foods to keep them from going bad until you are ready to eat them. Check the [FoodKeeper App](#) for information on how long different items can be stored in the freezer.
- Create a designated space in your fridge for foods that you think will be going bad within a few days.
- Check your fridge often to keep track of what you have and what needs to be used. Eat or freeze items before you need to throw them away.
- If you have more food on hand than you can use or you need, consider donating your extra supply of packaged foods to a local food pantry or a food drive.
- Learn about food product date labels – not all dates refer to the safety of the item! Date labels such as Use by or Best by often refer to the best quality of an item. **Just because the date on a package has passed does not mean the food is unsafe.** However, if an item is soft, discolored, moldy, or has a strong unpleasant smell, it is probably not safe to eat and you should throw it away.

FYI:

Shallowbrooke Farm utilized the following sites as references for food storage:

[Unites States Department of Agriculture](#), the [U.S. Food & Drug Administration](#) and the [U.S. Centers for Disease Control and Prevention](#), [FoodKeeper App](#)