

Howdy Colorado County! December 2020

Holiday Food Storage

First comes shopping, then comes putting food away — but where? You may be surprised to learn the best places to store your groceries!

Raw food and cooked food should be stored separately in the fridge. Bacteria from raw food can contaminate cold cooked food, and the bacteria can multiply to dangerous levels if the food is not cooked thoroughly again. Always store raw food in sealed or covered containers at the bottom of the fridge

Take special care with high-risk foods

Food-poisoning bacteria can grow and multiply on some types of food more easily than others. High-risk foods include:

- raw and cooked meat, including poultry such as chicken and turkey, and foods containing them, such as casseroles, curries and lasagna
- dairy products, such as custard and dairy-based desserts like custard tarts and cheesecake
- eggs and egg products, such as mousse
- smallgoods such as hams and salamis
- seafood, such as seafood salad, patties, fish balls, stews containing seafood and fish stock
- cooked rice and pasta
- prepared salads like coleslaws, pasta salads and rice salads
- prepared fruit salads
- ready-to-eat foods, including sandwiches, rolls, and pizzas that contain any of the food above.

Food that comes in packages, cans and jars can become high-risk foods once opened, and should be handled and stored correctly.

Storing food in the fridge:

Your fridge temperature should be at 5 °C or below. The freezer temperature should be below -15 °C. Use a thermometer to check the temperature in your fridge.

Freezing food safely:

When shopping, buy chilled and frozen foods at the end of your trip and take them home to store as quickly as possible. On hot days or for trips longer than 30 minutes, try to take an insulated cooler bag or ice-pack to keep frozen foods cold. Keep hot and cold foods separate while you take them home.

When you arrive home, put chilled and frozen foods into the fridge or freezer immediately. Make sure foods stored in the freezer are frozen hard.

Storing cooked food safely:

When you have cooked food and want to cool it:

- Put hot food into shallow dishes or smaller portions to help cool the food as quickly as possible.
- Don't put very hot food into the refrigerator. Wait until steam has stopped rising from the food before putting it in the fridge.

Avoid refreezing thawed food:

Food-poisoning bacteria can grow in frozen food while it is thawing, so avoid thawing frozen food in the temperature danger zone. Keep defrosted food in the fridge until it is ready to be cooked. If using a microwave oven to defrost food, cook it immediately after defrosting.

As a general rule, avoid refreezing thawed food. Food that is frozen a second time is likely to have higher levels of food-poisoning bacteria. The risk depends on the condition of the food when frozen, and how the food is handled between thawing and refreezing, but raw food should never be refrozen once thawed.

Store raw food separately from cooked food:

Raw food and cooked food should be stored separately in the fridge. Bacteria from raw food can contaminate cold cooked food, and the bacteria can multiply to dangerous levels if the food is not cooked thoroughly again.

Always store raw food in sealed or covered containers at the bottom of the fridge. Keep raw foods below cooked foods, to avoid liquid such as meat juices dripping down and contaminating the cooked food.

If in doubt, throw it out:

Throw out high-risk food left in the temperature danger zone for more than four hours - don't put it in the fridge and don't keep it for later. Check the use-by dates on food products and discard out-of-date food. If you are uncertain of the use-by date, throw it out.

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FOOD STORAGE SAVVY: YOUR GUIDE TO WHAT GOES WHERE

First comes shopping, then comes putting food away – but where? You may be surprised to learn the best places to store your groceries!

Here's a helpful guide from the Academy of Nutrition and Dietetics.



TEXAS A&M AGRI LIFE EXTENSION

What's Cooking!

Tilapia with Grapefruit-Caper Sauce

Ingredients:

- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 medium red grapefruit
- 1 tablespoon extra-virgin olive oil
- 1-1 1/4 pounds tilapia

Directions:

1. Slice both ends off one grapefruit. With a sharp knife, remove the peel and white pith; discard. Working over a small bowl, cut the segments for their surrounding membranes. Set aside. Juice the second grapefruit into another small bowl.
2. Heat oil in a large nonstick skillet over medium-high heat. Sprinkle both sides of fish with 1/4 teaspoon salt and pepper. Add the fish to the pan and cook until browned, 3 to 5 minutes per side. Remove to a plate and tent with foil to keep warm.
3. Add shallot to the pan over medium-high heat; cook stirring until brown, about 1 minute. Add the grapefruit juice, capers, butter, honey, and remaining 1/4 teaspoon salt and cook, stirring until the



Nutrition Facts per Serving:

Serving Size 4oz. Fish & 2tbsp. sauce

Calories	233
Total Fat	9g
Saturated Fat	3g
Sodium	373mg
Carbohydrate	17g
Dietary Fiber	2g
Total Sugars	12g

Grapefruit Facts: Vitamin C helps heal wounds and promotes iron absorption. One-half of a grapefruit can provide 70 percent of the daily recommended amount of Vitamin C.

Source: <http://www.eatingwell.com/recipe/250898/tilapia-with-grapefruit-caper-sauce/>

Please feel free to contact me if you have any questions.

Sincerely,

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