



Opinion Article

Precautionary measures for food preservation

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Choose foods to store: When grocery spending, buying fresh foods with packing in good condition. Make sure frozen foods are cold and solid. Select cold food stuffs just earlier check-out, and store them appropriately after reaching home. If more than 30mins will pass by before cold and frozen foods can be kept, consider taking an insulated vessel with a frozen vessel of water or gel pack to keep a cold storage atmosphere during transport.

Practice first-in, first-out: means when keeping your food storage areas, place newly purchased items behind present food. This will help confirm food is used up before spoilage occurs, and earlier the expiration date passes.

Foods spoil: Food decay is a natural process that starts when plants and animals are picked. Bacteria, yeasts, and moulds are the most communal causes of food decay. Processing food by canning and drying, and loading food at a cold temperature via freezing and cold, are ways to postponement or prevent food decay. Enzymes certainly present in foods can also origin spoilage, such as extreme softening of fruits, or can cause the flavour of some vegetables to depreciate if those vegetables are not washed-out prior to frozen storage. Heat disables enzymes, and freezing and freshening can reduce their activity to adequate levels. Air and light can cause flavour and color variations in food.

Quality and safety of stored food: Quality is not the same as protection. A poor-quality food such as decayed cereal or meat with freezer burn maybe harmless to eat. A perilous food can look visually fine, but may comprise a food-borne pathogen. The existence of pathogens cannot be sensed by appearance or smell. In general, food kept in the cupboard or pantry is safe if packing is kept intact. Frozen foods, if kept frozen, persist safe over long periods of time. The quality of these items will go down with unnecessary frozen storage time, but safety is not negotiated. However, fruits, vegetables, and bakery items kept at room temperature and in the refrigerator may grow mould growth over time. Those foods should be rejected, since some molds are toxic. Only purchase fresh food that can be spent

in a practical time. The safety of frozen foods, including remains, can also be negotiated by unnecessary storage time.

Cleanliness of food: Since bacteria regularly get into food over careless food management, it is vital that everything hands, closets, refrigerator, freezer, storage vessels be kept clean. Consider using one-use paper towels to clean up kitchen exteriors. If you use towels, wash them often in the hot water and dry them in clothes dryer. Kitchen scrubbers are not suggested because they provide outstanding places for microbes to grow. However, scrubbers can be disinfected by dampening openhandedly and heating in a microwave oven until sweltering hot.

Storage materials: Food should only be kept in its original packing or in food-grade vessels. Food-grade packing materials are approved by the U.S. Food and Drug Administration as not comprising or removing chemicals unsafe to human health into food. Examples of containers *not* permitted for food contact include trash bags and plastic or fiber board vessels that have earlier held non-food materials. Storage materials that are planned for food contact use are normally clearly labeled for food use.

Predicting storage times of food: The exact span of time that foods can be kept depends on a number of factors; thus, the times known in the food storage. The storage life of food is affected by its cleanliness when it got the market, the span of time and the temperature at which food was held earlier purchase, storage temperature and humidity in the home, storage vessel or packing, and the features of the food item. Generally, food will preserve quality longer at cooler packing temperatures.

Storage contradictions for food: For a few foods, optimum storage situations for preserving flavour or texture may differ from optimum situations for maximum shelf life. For example, packing bread in the freezer extends the time before mold grows, but causes bread to go stale faster. Tomatoes kept in the fridge will last longer, but flavour will be lost.