

# Food storing, freezing and reheating tips

Some of our easy recipes can be stored for a quick and easy meal later. Follow our tips below to make sure you do this safely:

## Cooling food after cooking

Cool food as quickly as possible (ideally within one to two hours) and put it in the fridge or freezer.

To cool food quickly, put it in an airtight container and hold it under a cold running tap.

Stir it from time to time so that it cools consistently all the way through.

## Storing refrigerated food

You should eat food that you have placed in the fridge within two days.

## Defrosting frozen food

Frozen food should be thoroughly defrosted before reheating. The safest way to do this is to leave it in the fridge overnight or use the defrost setting on a microwave.

## Reheating food

Make sure that you reheat food thoroughly. It should be piping hot all the way through, but remember to let it cool down before giving it to your baby.



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