



# CANDY

## BOOKLET WITH TIPS AND TRICKS FOR STORING YOUR FOOD





## THE GOLDEN RULES FOR STORING FOOD IN YOUR FRIDGE



*Ever wondered why the vegetables you put straight in the fridge have rotted so fast?*

*Or which is the best shelf to put your provisions on?*

This happens if we think all foods are the same and that the fridge is always the best place to store them.

With Candy's tips&hints you will always know how to get the most from its features.

Every food needs to be stored in a different way and every section of the fridge has a specific function.

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# 1. BACK TO FIRST PRINCIPLES

Your fridge is the final link in what is known as the “cold chain”.

This concept tells us that it is important for products to be **stored correctly in every stage**, from production right through to your home.

Once you have chosen your products in the supermarket, take care to keep them at the **right temperature**. This will limit the numbers of micro-organisms that build up inside them.





## 2. 10 TIPS&HINTS FOR “COOL” REFRIGERATOR USE

### 1 CHECK THE TEMPERATURE IN YOUR FRIDGE

Keep the temperature inside the refrigerator around **4-5°C**.

**Close the fridge quickly** after use to conserve energy.

When you open the door, warm air flows in and the fridge has to work harder to maintain the right temperature.

### 2 EVERY ZONE OF THE REFRIGERATOR HAS ITS OWN TEMPERATURE

Based on the physics principles that cold air goes down and hot air goes up, the **coldest part** of the refrigerator **is the bottom shelf**, the one just above the vegetable drawer.

### 3 TREAT FOODS PROPERLY

**Every food has its own storage temperature.**

Meat and fish must be placed in the coldest part of the fridge, known as the chiller. The middle part of the fridge (usually at 4-5°C) is suitable for eggs, dairy products, custard and cream confectionery, and foods which have to be stored in the refrigerator once opened. The highest-temperature area, known as the crisper, should be used for vegetables and fruit, which may be damaged by excessively low temperatures.

The door shelves are the warmest parts of the refrigerator and are for products which need only light refrigeration (e.g. soft drinks or butter).

### 4 COMPLY WITH “BEST BEFORE” DATES

Do not store foods beyond the **recommended shelf life**.

Packs specify the right storage conditions and perhaps state the temperature to which the shelf life refers.







## 5 FRIDGES ARE NOT RIGHT FOR ALL FOODS

Some foods do not require refrigeration, and it could actually damage them. Exotic and citrus fruits may become bitter due to the cold, and tomatoes, green beans, cucumbers and courgettes are fine outside the fridge; bread goes stale more quickly at low temperatures. Fruit and vegetables that are not yet ripe must be stored at room temperature.

## 6 HOT AND COLD DO NOT MIX

Never put hot foods in the refrigerator.

If you are cooking, allow dishes to cool completely before putting them in the fridge: this will prevent condensate and sharp increases in the temperature on the shelf.

## 7 TRY TO PREVENT CROSS-CONTAMINATION

Separate raw foods from those which are cooked or ready to eat and you will prevent the micro-organisms in the former from colonising the latter.

## 8 ALWAYS USE CLEAN, AIRTIGHT CONTAINERS

It is always best to store in the original packs, marked with the expiry date and storage guidance. Home-made foods must also be stored carefully in clean containers with lids. Simply allow the containers to cool before closing them, as otherwise the steam will condense on the lid and drain back onto the food.

## 9 CLEAN THE INSIDE OF THE REFRIGERATOR REGULARLY

Always keep the inside of your refrigerator clean.

You can use specific products, vinegar, or just water and sodium bicarbonate.

A clean refrigerator works better and holds the refrigeration temperature.

## 10 DO NOT OVER-FILL THE FRIDGE

When you are shopping, even if you want to buy everything you see, remember how much your refrigerator can hold.

Fridge must not be over-filled because the cold air inside it must be able to flow freely around the foods. If there is not enough room between the various products, the ideal temperature cannot be achieved.









# 3. FOOD COOLING SUGGESTIONS

To use foods before their expiry date and reduce waste, adopt the FIFO (First In, First Out) principle.

Make sure the foods which **went into the fridge first** are also the first **to be taken** out and used. Put the foods bought later behind or underneath the ones already in the refrigerator.

In order to improve your cooling management, you can follow our food cooling suggestions:



## MEAT AND FISH AT LOWER TEMPERATURE

### USEFUL RULES

Minced meat and gutted fish must be placed in a container or wrapped in kitchen film and used within 24 hours. Meat storage times depend on the type and cut: **minced meat** must be used within **24 hours**; **poultry** within **48 hours**; and non-packaged cold cuts and **fresh meat** in general within **3 days**.



## EGGS, DAIRY PRODUCTS, YOGHURT, CUSTARD AND CREAM CONFECTIONERY AND COLD CUTS AT INTERMEDIATE TEMPERATURE (4-5°C)

### GENERAL RULES

**Milk and cream** must be used by the expiry date and always **within 2-3 days** once the pack is opened.

**Eggs** must always be stored **in the refrigerator** and used by the specified date.

**Cheeses** must be protected with **aluminium foil** or greaseproof paper and placed in suitable sealed containers.

**Mature cheeses** must be wrapped in a **clean tea-towel** because they may turn mouldy in a sealed box.

Inspect fresh cheeses carefully for mould. If you find the slightest trace, it is best to throw them out.

Leave cold cuts in their food-approved paper, wrap them in aluminium foil closed at the edges and place them in airtight containers or freezer bags.





## VEGETABLES, FRUIT AND PRODUCTS WHICH NEED LESS REFRIGERATION (E.G. SOFT DRINKS, BUTTER) AND A HIGHER TEMPERATURE (7-10°C)

### USEFUL RULES

**Fruit and vegetables** may be damaged by excessively low temperatures and must be used **quickly**, before they deteriorate.

It is best **not to wash fruit and vegetables before putting them** in the fridge, to avoid causing damp which would aid the growth of mould and bacteria.



# 4.

## WASTE REDUCING TECHNIQUESUPER-COOL STORAGE: THE FREEZER

The **freezer's temperature** must be kept at about **-18°C**.

Frozen foods will keep for longer than those stored in the refrigerator. It is best to bring frozen foods home from the supermarket in thermal bags. When freezing foods, it may be useful to **divide them into small pieces** and place them in **clean containers** with a **label** stating the name of the food inside and the **date** of freezing.

After cooking, it's best always to allow your foods to cool before putting them in the freezer.

**To defrost food**, do not leave it at room temperature; **put it in the refrigerator** until even the middle has thawed. Important! **Defrosted foods cannot be re-frozen** but must be used within a short time.





# 5.

## RECAP FOR GOOD, WASTE-FREE PERFORMANCE FROM YOUR FRIDGE

1

### Do not over-fill the refrigerator

The fuller it is, the more energy it takes to maintain the required temperature.

2

### Do not open it unnecessarily

Opening and closing it continually also allows the cold air to disperse, so try to open it as little as possible

3

### Do not place hot foods inside

After cooking, wait for the dish to cool to "room temperature" naturally, and don't use the appliance's energy to cool it.

4

### Set the thermostat between the minimum and medium levels

and check the temperature: the temperature in the fridge must be between 4° and 5°C and in the freezer between -18° and -15°C. Any colder will merely waste energy.



### In winter, cold outdoor temperatures work as a natural refrigerator.

Before putting purchases in the fridge, you can leave them on the **balcony or windowsill** for a few hours to **reduce their temperature naturally**. For example, mineral water can be perfectly well stored outdoors, where the temperature may be even lower than that in the refrigerator. This **will avoid over-burdening the fridge and consuming electricity**.

# 6.

## FREEZING FOR BABIES

When weaning their babies, many mothers like to make stock or vegetable purées with fresh produce and put some in the freezer.

However, it is important to go about this the right way:

- 1 Cool the stock or purée before freezing.
- 2 Use convenient **single-serving containers**: ice-cube containers, suitably covered, will be ideal, as will herb containers or just ordinary freezer bags.
- 3 There are **2 defrosting options**: **transfer the container from the freezer to the fridge** and leave to thaw for a few hours, or **use a bain-marie**. **Do not defrost at room temperature.**





## 7. CLEANING

Refrigerators must be thoroughly cleaned **at least once a month**, taking out all the food, removing detachable parts – which will be rinsed in running water, wiped with a **sponge dipped in white wine vinegar and then dried** – and then washing the walls.

Prepare a **bowl of water with a little detergent and dip a sponge** for use to wipe the walls of the fridge and all non-removable shelves, then rinse with a damp cloth.

Now wipe the inside of the fridge with a sponge dipped in white wine vinegar and a **few drops of lemon**, before rinsing again with a damp cloth and finally drying. As well as being a sort of disinfectant, white wine vinegar also eliminates all odours – including detergent – and once it has evaporated it will leave the surfaces **completely aseptic**.



However, if any **unpleasant smells** still linger, wipe with a sponge dipped in **red wine vinegar**, stronger than the white equivalent, and leave a **small glass containing** three spoonfuls of **sodium bicarbonate or a glass of milk inside the fridge**: it will neutralise any smells and prevent the lack of ventilation from causing other unpleasant odours.





# 8.

## 11 FOODS YOU SHOULD NEVER PUT IN THE REFRIGERATOR

There are a lot of foods which must never be put in the refrigerator: foods which deteriorate faster, will stop ripening, or will lose their flavour and aroma (especially in the case of fruit and vegetables) at low temperatures.



**AVOCADO** In the supermarket, you will often find avocados which are still not really ripe and are difficult to peel and eat. If you put them in the refrigerator you will have to wait a long time before you can eat them. It is best to keep them outside to ripen them fast and enjoy them at the right, soft, consistency.



**CITRUS FRUITS** A nice, fresh orange? But if you put citrus fruits in the fridge, they are very likely to turn bitter. Keep them in a cool, dry place so that they also retain their full flavour. Want to put half a lemon in the fridge? Just put the cut side downward on the plate - it will keep better.



**BANANAS** Bananas keep better left on the bunch. What's more, it is better never to put them in the refrigerator: the skin is very likely to turn black, especially in the coldest parts of the appliance.



**BASIL** Basil very quickly loses its fragrance and flavour at low temperatures. In the fridge, it may also absorb all the odours of the other foods.



**COFFEE** Coffee is extremely delicate and chilling it may change its flavour.





**ONIONS** Onions need darkness: the fridge is absolutely not the best place to store them, not only because of the light but also because the moisture, which they absorb, makes them go mouldy very easily.



**BERRIES** Mouldy berries? This is the risk you run if you put them in the refrigerator. Berries tend to retain water, which accelerates the growth of mould.



**MELON** The low temperature in the refrigerator may modify the antioxidants which make melons so good for us. However, if you want your melon chilled at all costs, you can cut it before serving and put it in the fridge for ten minutes.



**POTATOES** The ideal temperature for storing potatoes is about 9 degrees, so it is best not to put them in the fridge: low temperatures encourage sprouting and an increase in solanine, a toxin. If the temperatures are too high, potatoes turn black and can no longer be eaten.



**TOMATOES** Ripe tomatoes are best for us: to ripen them naturally, they should not be put in the refrigerator, also because low temperatures tend to make them deteriorate and above all lose their juice.



**BUTTERNUT SQUASH** Butternut squash needs dry, well ventilated conditions to keep well. Once a squash has been opened, it can be covered with a little kitchen film to stop it drying out.





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Thanks to years of professionalism, Candy Service provides proper answers to partners and consumers through qualified representatives, capable of building specific solutions and special projects.

For information and specific solutions for trade, please contact [Country] Service Manager via e-mail at [xxxxxxx@xxxxxxx.xx]

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