

Tips to keep food fresh and edible for longer

→ Refrigerator: set to +5 degrees

- Top shelf: cheese, leftovers, gherkins, etc.
- Middle shelf: milk, yoghurt, cream, curd cheese
- Bottom shelf: meat, sausages, fish
- Salad drawer: salad and non-cold-sensitive vegetables and fruits
- Door: butter, eggs, sauces, mayonnaise, mustard, jam, drinks

→ Leftovers

Place leftovers and food from part-used tins in airtight containers and store in the refrigerator.



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→ Store cupboard – dark, cool, dry

- Seal opened bags of nuts, flour, oats, corn flakes, etc. well; preferably transfer into airtight containers. This prevents pests from getting in and damaging the food.
- Potatoes (raw, never in the refrigerator)
- Oil, vinegar, spices, honey
- Preserves (unopened)
- Bread (while it does not dry out in the refrigerator and keeps for longer, it quickly goes stale)

→ “Use by” – “Best before”

- “Use by”: If this date has passed, the food should no longer be eaten. On meat, meat products and fish.
- “Best before”: The producer guarantees good quality until this date. As a rule, the food is still edible until long after this date. Check using your eyes and nose.

More information:

Shopping and food www.sge-ssn.ch

Consumer-related questions www.konsumentenschutz.ch

Health promotion www.gesundheitsfoerderung.ch

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