



Storing frozen food

Using storage temperatures on packed food

When food is frozen it's kept at a **negative** temperature. We keep food cold, chilled or frozen because it keeps it for longer. But it makes a big difference what temperature we store it at.

When you buy food that you want to put in the freezer you have to read the **storage instructions**. These tell you what temperatures to store the food at. The colder your freezer, the longer you can store the food for. They show **negative numbers** and * symbols that mean different temperatures.

Have a look at these storage instructions from a bag of frozen vegetables. They show that at different temperatures you can store the food for different lengths of time:

Food freezer	Until best before date (at -18°C)* * *
Star marked frozen food compartment	Until best before date (at -18°C)* * *
	1 month at (-12°C)* *
	1 week at (-6°C)*
Ice-making compartment	3 days at (-6°C)*
Refrigerator	24 hours (at 5°C)
No cold storage	Eat on day of purchase if not kept frozen

Star ratings

On the bag for the vegetables * symbols were used beside temperatures. Many freezers have these star ratings. The stars mean the freezer, or parts of the freezer, is at a certain temperature.

Number of stars	Temperature	Degrees below freezing
4 * * * *	-18°C	18 degrees below freezing Suitable for long term storage
3 * * *	-18°C	18 degrees below freezing
2 * *	-12°C	12 degrees below freezing
1 *	-6°C	6 degrees below freezing
none, a fridge	5°C	5 degrees above freezing