

Slides 01.17: Storing Food Safely and Reducing Waste

Lesson 1.17, one day, 13 slides.

Slide 1: Do now

- You bring groceries home. You put the milk away.
- You leave the rotisserie chicken on the counter because you are eating it in three hours.
- Is that OK? Use the words “danger zone” in your answer. Notes: Hands for yes and no. The answer is no: three hours in the danger zone is past the two-hour rule.

Slide 2: The \$10 in the trash

- Families in this country throw away a large share of the food they buy. *[Sal: cite the USDA figure you trust; reported as 30 to 40 percent of the food supply.]*
- On a \$40 dinner budget, that is about \$10 a week.
- Today is about keeping that \$10. Image: a grocery bag with a quarter of it drawn falling into a trash can.

Slide 3: The four zones

- Refrigerator: at or below 40 F
- Freezer: at or below 0 F
- Pantry: cool, dry, dark, off the floor
- Counter: room temperature, a day or two only Image: four photos, one per zone. Notes: Read the room’s real thermometers aloud.

Slide 4: Inside the refrigerator

- Bottom shelf: raw meat. Drips cannot land on anything below it.
- Middle and top: ready-to-eat food, leftovers, dairy.
- Drawers: fruits and vegetables.
- Door: the warmest spot. Condiments only. Not milk, not eggs. Image: a labeled diagram of a refrigerator, shelf by shelf.

Slide 5: Where Does It Go sort

- Twelve cards. Four zones. Teams of four.
- Then sort again: use first (a few days), this week, keeps for months.
- Write one reason for any card your team argued about.
- 8 minutes.

Slide 6: Three dates, three meanings

- Best by: about taste and texture. Not safety.
- Use by: the last day the maker promises it is at its best. For raw meat, poultry, fish, and dairy, treat it as the limit.

- Sell by: a note for the store. Image: three real package photos with the date phrase enlarged on each.

Slide 7: FIFO

- First In, First Out.
- The new can goes behind the old can.
- The old one comes out first.
- Stores do it. Restaurants do it. Do it at home. Image: two cans on a shelf with arrows showing the new one going to the back.

Slide 8: The two-hour rule

- Cooked or perishable food goes into the refrigerator within 2 hours.
- 1 hour if the room is over 90 F.
- After that, it is trash. Smell does not tell you. Notes: This is the rule that keeps someone from getting sick after the Lesson 1.20 lab.

Slide 9: Leftovers

- Eat within 3 to 4 days.
- If you will not, freeze them.
- Label the container with the date.
- Reheat to 165 F. Image: a container with a piece of masking tape reading “rice, Tues.”

Slide 10: The waste scenario

- Half a bag of spinach (\$1.50). Four slices of bread (\$0.50). One forgotten container of leftovers (\$3.00). Every week.
- Weekly cost? Yearly cost (times 52)? How many \$40 dinners is that?
- Two storage habits that would cut it, and why each works. Notes: 7 minutes. Take three teams’ habits and one yearly number aloud.

Slide 11: Where wasted food goes

- Food in a landfill breaks down without air and makes methane, a greenhouse gas.
- Less waste is cheaper for the family and better for everyone.
- The cheapest food is the food you already bought and actually ate. Image: a landfill with a small cloud drawn above it.

Slide 12: Exit card

- 3 foods and where each goes
- 2 of the three date phrases and what they mean
- 1 storage habit you will try at home this week

Slide 13: Tomorrow

- Two families. Two dinners. \$12 and \$38.
- Which family ate better?

- The project starts. Image: two covered plates, one with a \$12 tag and one with a \$38 tag.