

FOOD SAFETY TRAINING FOR PANTRIES



**Connecticut
Foodshare**

Our Community, Our Food Bank

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ACCORDING TO THE CENTER FOR DISEASE CONTROL, EACH YEAR 76 MILLION INDIVIDUALS GET SICK FROM FOODBOURNE ILLNESSES; 325,000 INDIVIDUALS ARE HOSPITALIZED; 5,000 INDIVIDUALS DIE.

WHY FOCUS ON FOOD SAFETY?

- EVEN THOUGH PANTRIES DO NOT PREPARE MEALS, CARE MUST ALWAYS BE TAKEN IN GIVING FOOD TO THE PUBLIC, ESPECIALLY TO POPULATIONS WITH A HEIGHTENED SUSCEPTIBILITY TO FOOD-BORNE ILLNESSES:
 - INFANTS, CHILDREN, ELDERLY, PREGNANT WOMEN
 - INDIVIDUALS WHO ARE UNDERNOURISHED, PHYSICALLY DISABLED, OR HAVE WEAKENED IMMUNE SYSTEMS
- DONATED PRODUCT IS DIFFERENT THAN RETAIL STORE PRODUCT:
 - DONATED PRODUCT IS OFTEN HANDLED BY MORE PEOPLE IN ITS LIFETIME THAN PURCHASED PRODUCT
 - IT IS HARDER TO ESTABLISH THAT EVERYONE HANDLING DONATED FOOD HAS HANDLED IT APPROPRIATELY
 - DONATED PRODUCT IS MOST LIKELY CLOSER TO CODE DATE THAN RETAIL STORE PRODUCT
- IN THE EVENT OF AN ILLNESS, ORGANIZATIONAL LIABILITY IS REDUCED ONLY IF YOU CAN DEMONSTRATE THAT PROCEDURES HAVE BEEN FOLLOWED TO MAINTAIN THE CHAIN OF FOOD SAFETY

HOW FOOD BECOMES UNSAFE:

- BIOLOGICAL HAZARDS SUCH AS BACTERIA, VIRUSES, PARASITES AND FUNGI CAN'T BE SEEN, TASTED, OR SMELLED AND CAN CONTAMINATE FOOD (THESE ARE CALLED PATHOGENS)
- CHEMICAL HAZARDS SUCH AS CLEANING PRODUCTS, SANITIZERS, PEST CONTROL POISONS, ETC. CAN CONTAMINATE FOOD
- PHYSICAL HAZARDS SUCH AS DIRT OR RUST ON TOP OF CANS, METAL SHAVINGS, GLASS FRAGMENTS, ANIMAL DROPPINGS, INSECT CASINGS, ETC. CAN CONTAMINATE FOOD
- PANTRIES ARE AT HIGHEST RISK FOR TIME AND TEMPERATURE ABUSE OF PRODUCT, WHICH MEANS LETTING FOOD STAY TOO LONG IN THE TEMPERATURE DANGER ZONE:
 - **TEMPERATURE DANGER ZONE (41° F - 135° F) IS THE RANGE** IN WHICH PATHOGENS GROW FASTEST

- MEAT, POULTRY, FISH, SHELLFISH AND DAIRY PRODUCTS, WHETHER COOKED OR UNCOOKED, SHOULD NOT BE LEFT IN THE TEMPERATURE DANGER ZONE FOR MORE THAN 1 HOUR
- ANY COOKED VEGETABLE, STARCH OR GRAIN PRODUCTS INCLUDING RICE, PASTA AND POTATOES SHOULD NOT BE LEFT IN THE TEMPERATURE DANGER ZONE FOR MORE THAN 1 HOUR
- FROZEN PRODUCT SHOULD NOT REMAIN IN THE TEMPERATURE DANGER ZONE FOR MORE THAN 4 HOURS OVER THE COURSE OF THE PRODUCT'S LIFETIME

PROPER STORAGE ENVIRONMENT:

- ACCESS TO STORAGE SHOULD BE LIMITED TO AUTHORIZED STAFF AND VOLUNTEERS WHO HAVE AN AWARENESS OF FOOD SAFETY ISSUES

- DRY STORAGE AREAS SHOULD BE CLEAN, DRY, AND PEST-FREE:
 - CLEAN STORAGE AREAS REGULARLY
 - STORAGE AREAS SHOULD BE WELL VENTILATED
 - KEEP THE DRY-STORAGE ENVIRONMENT BETWEEN 50° AND 70° F WITH HUMIDITY LESS THAN 60%
 - IF THERE IS A “MUSTY” SMELL OR THERE IS CONDENSATION ON WALLS, INSTALL A DEHUMIDIFIER
 - KEEP RECORDS OF PEST INSPECTIONS AND DOCUMENT WHAT STEPS WERE TAKEN IF EVIDENCE OF PESTS WAS DISCOVERED:
 - IF YOU DO NOT HAVE A CONTRACT WITH A PEST CONTROL SERVICE, CREATE YOUR OWN LOG THAT TRACKS INSPECTIONS & TREATMENTS
 - ENSURE THAT ALL ACCESS POINTS FOR PESTS AND VERMIN ARE SEALED
 - STORE CEREALS, GRAINS, SUGAR & FLOUR IN AIRTIGHT CONTAINERS TO PREVENT INFESTATIONS

- FOOD SHOULD BE STORED AT LEAST 6 INCHES ABOVE THE GROUND AND (IDEALLY) 2 INCHES AWAY FROM THE WALLS:
 - PREVENTS PRODUCT FROM CONTAMINATION SHOULD THERE BE MINOR FLOODING
 - REDUCES PEST ACCESS
 - ALLOWS FOR EASIER CLEANING
 - TO MAXIMIZE STORAGE, PUT NON-FOOD ITEMS ON THE FLOOR OR LOWEST SHELF

- SEPARATE DRY-STORAGE PRODUCT FROM CHEMICALS:
 - STORE CLEANING PRODUCTS AND OTHER CHEMICALS IN A SEPARATE ROOM FROM FOOD STORAGE
 - IF THIS IS NOT POSSIBLE, STORE SUCH ITEMS ON A SEPARATE SET OF SHELVES
 - DO NOT EVER STORE CLEANING PRODUCTS OR CHEMICALS ABOVE FOOD ITEMS

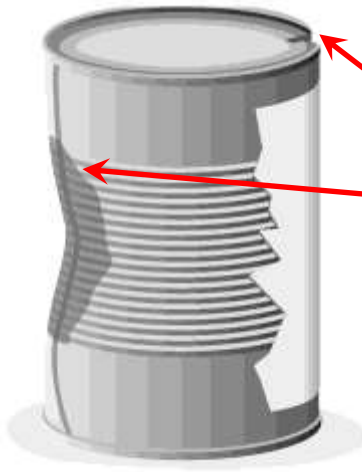
- AVOID STORING PRODUCT:
 - BENEATH WATER OR SEWER LINES
 - NEAR HEAT SOURCES SUCH AS OVENS, FORCED AIR VENTS, OR FURNACES
 - NEAR WINDOWS THAT RECEIVE DIRECT SUNLIGHT

- MAINTAIN COLD-STORAGE UNITS APPROPRIATELY:
 - ENSURE THAT REFRIGERATORS ARE HOLDING TEMPERATURES BETWEEN 33° F AND 40° F
 - BELOW 32° F AND PRODUCT MAY FREEZE
 - COLONIES OF BACTERIA THAT CAUSE FOODBORNE ILLNESS CAN DOUBLE IN 20 MINUTES IF FOOD IS STORED IN THE TEMPERATURE DANGER ZONE (41° F - 135° F)
 - ENSURE THAT FREEZERS ARE HOLDING TEMPERATURES BETWEEN -10° F AND 0° F
 - FOOD STORED BELOW 30° F MAY APPEAR TO BE FROZEN, BUT CERTAIN YEASTS AND BACTERIA CAN CONTINUE TO GROW AT 15° F
 - RECORD COLD STORAGE TEMPERATURES AT LEAST ONCE A WEEK
 - CLEAN AND/OR DEFROST ALL UNITS AT LEAST QUARTERLY

EVALUATING PRODUCT FITNESS – CODE DATES:

- DATES ARE PRINTED ON MANY FOOD ITEMS, BUT PRODUCT DATING IS **NOT REQUIRED** BY FEDERAL REGULATIONS EXCEPT ON INFANT FORMULA AND BABY FOODS
- **CLOSED DATES**, PACKING NUMBERS, OR JULIAN CODES APPEAR AS A SERIES OF LETTERS AND/OR NUMBERS AND ARE CREATED BY THE MANUFACTURER:
 - USUALLY APPEAR ON SHELF-STABLE PRODUCTS SUCH AS CANS OR BOXES
 - REFER TO THE DATE OR TIME OF MANUFACTURE, NOT PRODUCT EXPIRATION
 - ENABLE MANUFACTURERS TO ROTATE THEIR STOCK
 - ENABLE MANUFACTURERS TO LOCATE PRODUCT IN THE EVENT OF A RECALL
- **CALENDAR DATES** HELP STORES DETERMINE HOW LONG TO DISPLAY PRODUCT FOR SALE:
 - RELATE TO THE PEAK QUALITY OF FOOD, NOT PRODUCT SAFETY
 - FOUND PRIMARILY ON PERISHABLE FOODS, SUCH AS DAIRY, EGGS, MEAT AND POULTRY
- THREE COMMON TYPES OF CODE DATES:
 - “BEST IF USED BY” RECOMMENDED FOR BEST FLAVOR OR QUALITY; NOT A PURCHASE OR SAFETY DATE
 - “SELL-BY” DATE TELLS THE STORE HOW LONG TO DISPLAY THE PRODUCT FOR SALE; RECEIVE THE PRODUCT BEFORE THIS DATE EXPIRES
 - “USE BY” THE LAST DATE RECOMMENDED FOR USE OF THE PRODUCT WHILE AT PEAK QUALITY; THE MANUFACTURER OF THE PRODUCT HAS DETERMINED THIS DATE
- SHELF-STABLE OR FROZEN PRODUCT THAT IS PAST CODE DATE IS GENERALLY SAFE TO DISTRIBUTE; HOWEVER, PRODUCT COLOR, TASTE, OR NUTRITIONAL CONTENT MAY BE AFFECTED
- REFRIGERATED ITEMS SHOULD BE DISTRIBUTED ON OR SHORTLY AFTER CODE DATE:
 - EGGS CAN BE DISTRIBUTED 3-4 WEEKS AFTER THE SELL-BY DATE
 - YOGURT CAN BE DISTRIBUTED UP TO 7 DAYS PAST THE SELL-BY DATE
- BASED ON PRODUCT TYPE, AVAILABLE CODE DATES, OR WHEN THE PRODUCT WAS RECEIVED, YOU SHOULD **DETERMINE A SAFE LAST DATE FOR DISTRIBUTION**:
 - IT IS ASSUMED THAT MOST PANTRY CONSUMERS WILL USE THE PRODUCT WITHIN A FEW DAYS
 - BABY FOOD AND INFANT FORMULA CANNOT BE DISTRIBUTED PAST THE USE-BY DATE
 - CANNED GOODS CAN BE DISTRIBUTED AT LEAST A YEAR PAST CODE DATE
 - LOW-ACID CANNED GOODS CAN BE DISTRIBUTED LONGER PAST CODE DATE THAN HIGH-ACID CANNED GOODS (E.G., POTATOES VS. TOMATOES)
 - BOXED PASTAS, RICE, AND BEANS CAN BE DISTRIBUTED AT LEAST A YEAR PAST CODE DATE
 - NON-FROZEN PERISHABLES MUST BE DISTRIBUTED WITHIN OR SOON AFTER CODE DATE
 - RETAIL MEATS FROZEN ON OR BEFORE THE SELL-BY DATE SHOULD BE DISTRIBUTED WITHIN 6 MONTHS

EVALUATING PRODUCT FITNESS – CANS:



THROW OUT CANS WITH:

- DENTED OR PINCHED TOP OR BOTTOM RIM
- DENTS ON THE SIDE SEAM OR AN INCORRECTLY WELDED SEAM
- DEEP DENTS THAT DO NOT ALLOW STACKING (EXCEPT FOR DRY GOODS SUCH AS GROUND COFFEE, POWDERED DRINK MIXES)
- SWOLLEN OR BULGING END, OR AN END THAT GIVES WHEN PUSHED (AGAIN, EXCEPT FOR DRY GOODS SUCH AS GROUND COFFEE, ETC)
- RUST OR SOIL THAT DOES NOT WIPE OFF
- DENTS AROUND THE SCORE LINES UNDER A PULL-TAB; OPENINGS
- LEAKS
- DIRT UNDER A PULL-TAB TOP
- MOLD OR WATERMARKS
- EVIDENCE OF EXPOSURE TO TEMPERATURE EXTREMES (SUCH AS SCORCH MARKS OR FROST)
- SIGNS OF INSECTS, INCLUDING EGG CASES, BODY PARTS, WEBS, AND DROPPINGS
- SIGNS OF RODENTS, INCLUDING GNAW MARKS, DROPPINGS, OR URINE
- DATING PAST THE ACCEPTABLE SAFE DATE
- MISSING LABELS OR LABELS YOU CANNOT READ

WHEN IN DOUBT, THROW IT OUT!

EVALUATING PRODUCT FITNESS – BOXES & BAGS:



THROW OUT BOXES THAT HAVE:

- OPEN TOPS OR BOTTOMS
- CONTAMINANTS INSIDE THE BOXES
- TORN, LEAKING OR CONTAMINATED INNER BAGS
- INNER BAGS WITH OPEN SEAMS OR HOLES
- MOLD OR WATERMARKS
- SIGNS OF INSECTS, INCLUDING BUGS IN SEAMS, HOLES, EGG CASES, WEBS, BODY PARTS, OR DROPPINGS
- SIGNS OF RODENTS, INCLUDING GNAW MARKS, DROPPINGS, OR URINE
- DATING PAST THE ACCEPTABLE SAFE DATE
- MISSING LABELS OR LABELS YOU CANNOT READ



THROW OUT BAGS OR SACKS WITH:

- RIPS, TEARS, PUNCTURES OR HOLES
- MOLD OR WATERMARKS
- INCOMPLETE OR INCORRECTLY FORMED SEALS OR SEAMS
- SIGNS OF INSECTS, INCLUDING BUGS IN SEAMS, HOLES, EGG CASES, WEBS, BODY PARTS, OR DROPPINGS
- SIGNS OF RODENTS, INCLUDING GNAW MARKS, DROPPINGS, OR URINE
- DATING PAST THE ACCEPTABLE SAFE DATE
- MISSING LABELS OR LABELS YOU CANNOT READ



WHEN IN DOUBT, THROW IT OUT!

EVALUATING PRODUCT FITNESS – BOTTLES, JARS & POUCHES:



THROW OUT GLASS OR PLASTIC BOTTLES OR JARS WITH:

- LOOSE OR BROKEN CAPS
- LEAKING SCREW TOPS
- BROKEN TAMPER-EVIDENT SEALS
- OTHER SIGNS THE CAP WAS OPENED
- FOREIGN OBJECTS INSIDE THE CONTAINER
- UNUSUAL PRODUCT SEPARATION
- MOLD INSIDE THE CONTAINER
- DIRT OR OTHER PARTICLES UNDER THE RIM
- SIGNS OF INSECTS
- SIGNS OF RODENTS, INCLUDING GNAW MARKS, DROPPINGS OR URINE
- SIGNS THE CONTAINER WAS WET
- CRACKS OR CHIPS
- HOME-JARRED FOODS
- DATES PAST THE ACCEPTABLE SAFE DATE
- MISSING LABELS OR LABELS YOU CANNOT READ

THROW OUT POUCHES WITH:

- LEAKS, OPEN SEALS, HOLES OR PUNCTURES
- CUTS, CRACKS, OR SCRATCHES DEEP ENOUGH TO LEAK
- MOLD OR SIGNS THE PACKAGE WAS WET
- INCOMPLETE OR INCORRECTLY FORMED SEALS
- FOLDS OR WRINKLES (CAUSED BY ONE SIDE LONGER THAN ANOTHER)
- FOREIGN OBJECTS TRAPPED INSIDE POUCH OR INTERRUPTING THE SEAL OR SEAM
- BULGES ON THE SEAMS
- INFLATION
- SIGNS OF INSECTS OR RODENTS
- DATING PAST THE ACCEPTABLE SAFE DATE
- MISSING LABELS OR LABELS YOU CANNOT READ

WHEN IN DOUBT, THROW IT OUT!

EVALUATING PRODUCT FITNESS – FROZEN MEATS:



THROW OUT MEATS THAT HAVE:

- A STRONG ODOR OF SPOILAGE
- BLOOD POOLED ON THE UNDERSIDE OF PACKAGING
- PUNCTURED OR TORN PACKAGING
- A GREEN TINGE TO THE MEAT
- A SELL-BY DATE PAST 6 MONTHS

WHEN IN DOUBT, THROW IT OUT!

MEATS ARE GENERALLY SAFE EVEN IF THEY HAVE:

- A DARKER RED OR EVEN BROWN COLOR
THIS IS DUE TO OXYGENATION OF BLOOD
- “PUFFY PACKAGING”
DUE TO MODIFIED ATMOSPHERE PACKAGING, WHERE NITROGEN OR CO₂ IS INJECTED INTO THE INTERIOR TO PREVENT OXYGENATION AND MAINTAIN THE COLOR OF THE MEAT
- ICE CRYSTALS ARE A SIGN THAT MEAT HAS PARTIALLY THAWED AND REFROZEN; GENERALLY MEAT IS STILL SAFE TO CONSUME



RECEIVING PRODUCT:

- EVALUATE THE SOURCE:
 - IF YOU HAVE CONSISTENTLY RECEIVED MARGINAL PRODUCT FROM A SOURCE, BRING THIS TO THEIR ATTENTION AND EXPLAIN YOUR FOCUS ON FOOD SAFETY
 - IF YOU HAVE ANY CONCERN THAT THE SOURCE HAS NOT FOLLOWED KEY FOOD SAFETY STANDARDS, ASK FOR DETAILS ABOUT THEIR OPERATIONAL PRACTICES
 - IT IS ADVISABLE THAT YOU DO NOT ACCEPT
 - PREPARED FOODS FROM RESTAURANTS OR CATERERS
 - PREPARED FOODS FROM ORGANIZATIONS OR INDIVIDUALS COOKING IN UNLICENSED KITCHENS
 - MEAT THAT HAS NOT BEEN PROCESSED IN A USDA-CERTIFIED FACILITY (E.G. VENISON FROM A HUNTER)
- EVALUATE PRODUCT APPROPRIATENESS AND FITNESS:
 - PRODUCT SHOULD BE APPROPRIATE FOR WHAT YOU CAN SAFELY STORE
 - IF YOU DON'T HAVE ADEQUATE FREEZER SPACE, DON'T RECEIVE FROZEN PRODUCT
 - IF YOU DON'T HAVE ADEQUATE REFRIGERATOR SPACE, DON'T RECEIVE REFRIGERATED PRODUCT
 - IF PRODUCT CAN NOT FIT IN YOUR PANTRY AREA, CONSIDER NOT TAKING AS MUCH
 - DO NOT ACCEPT PRODUCT THAT IS CURRENTLY OR WILL SOON BE UNFIT FOR CONSUMPTION
 - IF SUCH PRODUCT IS RECEIVED, DISCARD IT IMMEDIATELY

RECEIVING PRODUCT (CONTINUED):

- KEEP RECEIPTS OF PRODUCT RECEIVED:
 - INDICATE SOURCE, DATE RECEIVED, ITEMIZE PRODUCT & QUANTITY
 - RECEIPTS CAN BE USED TO TRACK DOWN PRODUCT RECALLS
 - RECEIPTS CAN BE USED TO THANK DONORS

- LABEL PRODUCT WITH A “DISTRIBUTE BY” OR “RECEIVED ON” DATE
 - IF THERE IS A CODE DATE ON THE PRODUCT:
 - DETERMINE THE LAST SAFE DATE TO DISTRIBUTE THE PRODUCT
(IT IS ASSUMED THAT MOST PANTRY CONSUMERS WILL USE THE PRODUCT WITHIN A FEW DAYS)
 - LABEL THE PRODUCT WITH THE “DIST BY” DATE
 - IF YOU PURCHASED THE PRODUCT AND THERE IS NO CODE DATE, YOU CAN ESTIMATE THE “DIST BY” DATE
 - IF THE PRODUCT IS DONATED **AND** THERE IS NO CODE DATE, LABEL IT WITH A “RECEIVED ON” DATE
 - DISTRIBUTE PRODUCT WITH A “RCVD” DATE BEFORE ALL OTHERS, AS THERE IS NO WAY TO DETERMINE HOW OLD IT MAY BE.

TRANSPORTING PRODUCT:

- BRING PRODUCT BACK TO YOUR STORAGE LOCATION IN THE SHORTEST TIME POSSIBLE

- ENSURE THAT THE VEHICLE IS CLEAN; DO NOT STORE CHEMICALS IN THE SAME AREA WHERE PRODUCT IS TO BE PLACED

- REFRIGERATED OR FROZEN PRODUCT SHOULD BE WRAPPED IN INSULATED BLANKETS OR PUT IN COOLERS DURING TRANSPORT

MAINTAINING INVENTORY – GENERAL RULES:

- OLDER PRODUCT SHOULD BE MORE ACCESSIBLE THAN NEWER PRODUCT
 - MOVE OLDER PRODUCT TO THE FRONT OF SHELVES
 - IF YOU HAVE SHELVING DEDICATED TO THE NEXT DISTRIBUTION, PUT OLDER PRODUCT FROM YOUR STOCKROOM ON THESE SHELVES

- DO NOT STOCKPILE LARGE QUANTITIES OF FOOD FOR AN EMERGENCY

- DO NOT OPEN PACKAGES AND SUBDIVIDE PRODUCT INTO SMALLER PORTIONS FOR DISTRIBUTION

- GO THROUGH YOUR ENTIRE INVENTORY QUARTERLY AND THROW OUT PRODUCT PAST THE “DISTRIBUTE BY” DATE OR SIGNIFICANTLY PAST THE “RECEIVED ON” DATE

MAINTAINING INVENTORY – COLD STORAGE:

- DO NOT OVERFILL YOUR COLD STORAGE UNITS OR PLACE PRODUCT TOO CLOSE TO VENTS; COLD AIR MUST BE ABLE TO CIRCULATE THROUGHOUT THE ENTIRE UNIT
- GO THROUGH ALL YOUR REFRIGERATED INVENTORY *WEEKLY* AND THROW OUT PRODUCT PAST THE “DISTRIBUTE BY” DATE OR SIGNIFICANTLY PAST THE “RECEIVED ON” DATE
- GO THROUGH ALL YOUR FROZEN INVENTORY QUARTERLY AND THROW OUT PRODUCT PAST THE “DISTRIBUTE BY” DATE OR SIGNIFICANTLY PAST THE “RECEIVED ON” DATE
- TO IDENTIFY LOSS OF POWER IN THE FREEZER, PLACE A PENNY ON TOP OF WATER FROZEN IN A BOTTLE; IF THE PENNY SINKS OVER TIME, THE FREEZER HAS STOPPED WORKING AT SOME POINT
 - IF YOU CANNOT DETERMINE HOW LONG MEAT HAS REMAINED UNFROZEN, DISCARD IT IMMEDIATELY
 - MEAT THAT HAS BEEN IN A FULL BUT NON-FUNCTIONAL FREEZER FOR LESS THAN FOUR HOURS CAN BE REFROZEN AND DISTRIBUTED

MAINTAINING INVENTORY – CHECKING FOR RECALLS:

- CHECK THE USDA AND FDA WEBSITES **REGULARLY** FOR PRODUCT RECALLS
 - THE USDA REPORTS ON MEAT, DAIRY AND EGG RELATED RECALLS
 - THE FDA REPORTS ON ALL OTHER FOOD-RELATED RECALLS
- LOCAL AND NATIONAL NEWS BROADCASTS ABOUT PRODUCT RECALLS SHOULD LEAD YOU TO FIND OUT DETAILS FROM THE **USDA** OR **FDA** WEBSITES
- CHECK TO SEE IF ANY RECALLED PRODUCT IS OR WAS IN YOUR INVENTORY:
 - FIRST REVIEW PRODUCT RECEIPTS
 - VISUALLY INSPECT YOUR INVENTORY FOR AFFECTED PRODUCT
- IF YOU HAVE AFFECTED PRODUCT IN INVENTORY, FOLLOW DISPOSAL AND REPORTING GUIDELINES ASSOCIATED WITH THE RECALL
- IF YOU KNOW THAT AFFECTED PRODUCT HAS BEEN DISTRIBUTED, CONTACT PANTRY RECIPIENTS
 - **NOTE: THIS REQUIRES KEEPING CONTACT INFORMATION FOR PANTRY RECIPIENTS**

DISTRIBUTING PRODUCT:

- GIVE OUT OLDER PRODUCT BEFORE NEWER PRODUCT
- DO NOT DISTRIBUTE FROZEN FOOD FROM A TABLE UNLESS IT IS INSULATED
- DO NOT THAW FROZEN MEAT TO GIVE TO CONSUMERS AS THEY MAY REFREEZE IT AT HOME; HOWEVER, IT IS SAFE TO REFREEZE BREAD
- EDUCATE ATTENDEES ABOUT THE SAFETY OF FOOD PAST CODE DATE, WHEN TO CONSUME FOOD WHEN TIME IS A FACTOR, AND HOW TO STORE FOOD RESPONSIBLY