



Tips For Cooking and Storing Foods

If you do not have a stove, use small appliances for cooking, like:

- Hot plate
- Electric fry pan
- Crockpot
- Toaster oven
- Rice cooker
- Microwave
- Hot pot

Cook for only one meal at a time.

Here are tips to keep foods fresh:

- Keep food in the driest and coolest spot in the room
- Do not store food near heaters or under sinks
- Fill a cooler with ice to keep foods cold without a refrigerator. This works for cheeses, milk, cold meats, yogurt, eggs, and vegetables.
- Wrap cookies and crackers in sandwich bags or store them in airtight jars or boxes

It's important to:

- Keep all food covered and off the floor
- Tightly close bags of bread, bagels, or tortillas. That keeps them fresh and keeps out pests.
- Open food boxes with care. Close them tightly every time you use them.
- Store sugar, dried fruit, or nuts in screw-top jars. You can also try clean coffee cans with lids.
- Throw away spoiled food in plastic bags. Keep it away from other foods.

