



STORAGE AND SHELF LIFE

- Foods that are stored after cooking or baking need to be eaten fresh if not stored in a fridge, mostly baked products are usually eaten within three to seven days from the day they are made. These foods are best stored in airtight containers, labeled and dated. To maintain the safest and highest quality, we recommend rotating foods using the first in, first out, or FIFO, system to avoid pathogens.
- Refrigerated foods should also be organised in a way that avoids the unsafe transfer of juices and raw food drippings onto safe foods.
- Dry goods are best stored in a pantry that is dry, cool, and dark. Items like flour, nuts, rice, grains, and cereals provide great nutrients for insects that reproduce and infect other foods. We recommend buying dry goods in quantities that you will use relatively quickly and do not have to store for a long period of time.
- For frosted cakes always remember that you it take out 10 -15 minutes before consumption. Taking out cake directly from fridge does not provide optimum flavor.

Below is a chart that contains information on the shelf life of the products made in this workshop, the data is in regards of storing these items in a air tight container in the fridge and freezer from the day they are made.

ITEM	FRIDGE	FREEZER
CAKE SPONGE	5- 6 DAYS	1 MONTH
WHIPPED CREAM	1- 2 DAYS	-
FROSTED CAKE	2 DAYS	-
SOAKING SYRUP	3-4 DAYS	-