

Material necessary for the Good Practice (Be Nourished) suggested by Turkey

Principles of Healthy and Qualitative Nutrition Purchasing

- Healthy, non-damaged, non-damaged foods should be selected and purchased,
- The food sold in the open should not be purchased,
- When buying packaged foods, make sure that the packaging is intact, not torn,
- Read the label information, note the following information on the label,
 - Date and number of production or import permit granted by the Ministry of Agriculture and Rural Affairs,
 - Production and / or expiration date,
 - Manufacturer name and address,
 - Contents,
- Quantity and price, - Nutrition information and statements (various declarations such as amounts of energy, fat, cholesterol, protein, carbohydrates), - Instructions for use and storage.
 - Foods such as meat, poultry, fish that can be damaged quickly should be purchased at the end of the shopping. These foods should be prevented from contacting raw foods that will be consumed without cooking. It should be placed in the refrigerator as soon as possible (maximum 2 hours, maximum 1 hour in hot weather).
 - Frozen foods should be taken at the end of the shopping, attention should be paid to the unsolved, should be placed in the freezer as soon as possible if not used immediately. Frozen foods should be carried in separate pouches due to the risk of dissolution and water transmission to other foods.
 - Unqualified street milk should not be purchased without source, pasteurized and long life (UHT) milk should be preferred (if raw milk will be used; milk should be boiled for 5-7 minutes after holding the cream, instant cooling should be done in a short time),
 - Uncooked cheese made from raw milk should not be purchased,
 - Broken, cracked, dirty eggs should not be purchased,
 - When purchasing legumes and cereals, ensure that they are not inseminated, damp and mold-free, • Canned products with no labels, no packaging, and bulky cap should not be purchased.

Loss of Unhealthy Nutrients and Losses of Consumption Healthy, hygienic conditions that should be monitored during the production, processing, storage, preparation, cooking and consumption of food;

- Loss of nutrients,
 - Food quality deterioration,
 - Food poisoning and other health problems,
- Causes economic losses

Principles of Storage of Purchased Foods Purpose;

To protect the nutritional properties of purchased nutrients, to prevent the loss of nutrients, the growth of germs and the deterioration of nutrients

- Grain, dried fruit, sugar etc. dry foods should be stored in dark, dry (50-60%) and cool (maximum 20 ° C) environment,
- The oils should be stored in dry, cool and dark places, kept in a tin and stored in dark glass bottles.
- Fats must be stored in the refrigerator,
- Pasteurized milk should not be kept in the refrigerator for more than 1-2 days and the long-lasting (UHT) milk can be stored until the expiration date before the box is opened. Must be consumed

within 1-2 days after opening the box,

- Store potatoes in dry, dark and cool places,
- Fresh vegetables and fruits should be stored in the refrigerator,
- Various vegetables and fruits (such as eggplant, peppers, apricots, figs, okra, tomatoes) can be stored and dried. Drying process should be done with air flow and covered with a cloth in a shade place.
- The egg should be stored in the refrigerator without being washed, no more than two weeks.
- Meat, poultry and fish, which cannot be consumed in a day or two, should be stored in a flat manner, frozen and frozen, thawing should be done in the refrigerator and not thawed at room temperature.

Thawed meat, chicken and fish should not be re-frozen,

- increased meat dishes, 1-2 days in the refrigerator; increased meatless dishes should not be waited more than 3-4 days, the dishes will be eaten as much as they can eat,
- minced meat, small pieces of meats and fish, refrigerated 1-2 days; large, piece meats should not be waited more than 3-4 days,
- Hot dishes must be cooled and placed in cold water and stored in the refrigerator.
- Nutritional values of frozen foods are very close to fresh foods. They must be protected from production to consumption at a minimum of -18 ° C. Almost all kinds of nutrients can be frozen.
- Avoid contact of raw meat, chicken and fish with other foods in the refrigerator,
- Do not put raw and cooked vegetables in the refrigerator together,
- Special refrigerator containers should be used to store foods for a long time.
- Iodized salt should be stored in dark colored, sealed jars, not in sunshine and in hot and humid environment.

Spices should be purchased in small quantities, kept in cool and dry conditions and consumed for a long time.

- Tomato paste, pickles, etc. foods should not be stored in plastic containers such as detergents and yogurt containers,
- Tomato must be stored in a glass jar in the freezer or freezer.