

## Food Storage Preserving Vegetables Grains And Beans

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Free Food HUGE Once a Month

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*Food Storage Preserving Vegetables Grains*

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In cold water (place food in watertight, plastic bag; change water every 30 minutes) In the refrigerator. Throw out foods that have been warmer than 40 °F (4 °C) for more than 2 hours. If there is any doubt at all about the length of time the food has been defrosted at room temperature, it should be thrown out.

*Food storage - Wikipedia*

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