

It's My Favorite Time of The Year



December is my favorite month, not only because it is my birthday month but because of Christmas. I have always loved Christmas as a child and over the years I tend to love it even more as I indulge more in the true meaning of Christmas. When I think of Christmas, I think of God's love for all mankind. The birth of Jesus is one remarkable gift that we have been given. As we are a couple of hours away from Christmas and you will be having a good time with your family, don't forget to give thanks for the most precious, indescribable gift we have been given: Christ.



At, this time of the year we are all busy cooking and baking or just waiting to eat.

As home cooks, we pay little to no attention to food safety. The guidelines below are for storing food in the refrigerator and freezer. The time limits for home-refrigerated foods will help keep them from spoiling or becoming dangerous to eat. The time limits for freezer storage are for quality only—frozen foods stored continuously at 0 °F or below can be kept indefinitely.

Food	Type	Refrigerator (40 °F or below)	Freezer (0 °F or below)
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Salad	Egg, chicken, ham, tuna, and macaroni salads	3 to 4 days	Does not freeze well
Fresh poultry	Chicken or turkey, whole Chicken or turkey, pieces	1 to 2 days 1 to 2 days	1 year 9 months
Fin Fish	Fatty Fish (mackerel, salmon, tuna, etc.)	1 – 3 Days	2 – 3 Months
Shellfish	Shrimp	3 – 5 Days	6 – 18 Months
Eggs	Eggnog, commercial	3 to 5 days	6 months
Eggs	Eggnog, homemade	2 to 4 days	Do not freeze
Soups and stews	Vegetable or meat added	3 to 4 days	2 to 3 months
Leftover	Cooked meat or poultry	3 to 4 days	1 to 3 months
Leftovers	Pizza	3 to 4 days	1 to 2 months

I love cooking and baking. At this time, most of us are finishing up what would be our ultimate feast for Christmas. Below is a guide to help when cooking for our loved ones. Happy cooking!!



On behalf of my team, we would like to wish each and every one of you a very Merry Christmas with lots of love. Be safe and stay healthy.



Reference

Foodsafety.gov. Cold food storage chart. Accessed December 24, 2021.

<https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts>