



Question of the Week

Q. Can you suggest a good source of information on food storage topics such as how long fresh eggs keep their quality in the refrigerator or whether I can still eat those jars of home-canned green beans I put up three summers ago?

A. The answers to these and many other questions can be found in *The Food Keeper*, a free publication developed by the Food Marketing Institute in conjunction with Cornell University's Institute of Food Science.

The publication offers information for each food listed about how long it can be stored in a pantry, refrigerator or freezer for optimal quality and flavor. In addition to extensive lists of refrigerated, frozen, fresh, and shelf-stable foods and condiments, the publication contains information on food safety and proper food storage.

To get your free copy of *The Food Keeper*, contact your county Extension office or call our Family, Home and Garden Education Center's Info Line at the number listed below.