



## KNOW HOW TO PRESERVE FRESH CHEESE

Fresh cheese is a healthy, tasty food item, used in many recipes. However, it is necessary to ensure its maximum quality until the eating moment.

Here are some tips to preserve fresh cheese:

- ✓ It all starts in the supermarket. Fresh cheese should be the last buy to put in your trolley before paying.
- ✓ You should use a thermic bag to take the fresh cheese between the supermarket and your fridge.
- ✓ To avoid differences of temperature when you open the fridge, fresh cheese should be kept either in a drawer or in the shelf near the fan that releases cold.
- ✓ You should only take the fresh cheese out of the fridge in the eating moment.
- ✓ It is advisable to eat the whole cheese at once but if you have left overs keep them in a container with a cover.
- ✓ At last, you can be mouth watering and enjoy a healthy and delicious break!



SABER QUE SABE BEM