

## **TOP TIP**

### **Tips to keep food safer during loadshedding:**

- Don't buy more than you need to avoid overloading the fridge.
- Aim to keep your fridge and freezer closed during power cuts.
- Pack high risk items like milk and meat towards the back of your fridge where less temperature fluctuations occur.



**FOR FREE DIETARY ADVICE,**

contact the Pick n Pay dietitian at [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za)