Today, I’m going on a trip. My two friends, Ice Cream and Yogurt, are coming with me.

I have to pick them up at the MILK PLANT. That is where they come from.

My friend Ice Cream is one of the frozen food products. It has to stay at a temperature of -18°C.

Yogurt is from the fresh products family like meat, fish and cheese. It has to stay somewhere between 0°C and +4°C.

Do you want to come along?
Here they live in separate rooms.

They love a 'cool' trip!

During transport, products also have to be kept at the right temperature.

Let's go by truck. Ice Cream and Yogurt have their own spot in the truck. Do you know which one?
Ice Cream and Yogurt arrive at your store.

In the store, they get a very 'cool' place.

Make sure to put them in a 'frozen food' bag!

Go home ... directly!
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Everything needs to be at the right place in your fridge:

- dairy products
- meat and fish
- fruits and vegetables
- ice cream and frozen food
- French fries
- eggs
- drinks, milk, juices

Open your fridge quickly only when needed. It doesn’t only save energy ... It also saves our planet !!

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