GUIDE TO THE PROPER FOOD PRESERVATION

A step-by-step guide to improving food preservation in your business

GOPACKBIO
IL MONOUSO CHE NON LASCIA TRACCIA

Table of contents

Introduction

Welcome to the GoPack's guide for the proper **food preservation**.

This guide has been designed to provide **practical guidelines** for optimizing the quality, safety and durability of your food products. Aimed primarily at owners and managers of businesses in the Horeca, GDO and other realities related to the food sector, we hope that these tips will be a valuable tool to improve your preservation practices and, consequently, your operational efficiency.

What benefits will you get from properly food preservation?

- **Reducing Waste**: Proper stock management and storage significantly reduces food waste, with economic and environmental benefits.
- **Maintaining Freshness**: Keeping food in ideal conditions preserves its freshness and quality, improving the consumer experience. Food
- **Safety**: Preventing the contamination and proliferation of dangerous micro-organisms is crucial to ensuring food safety and consumer health.

This guide will provide a comprehensive overview of **food preservation techniques**, adapted to the specific needs of different sectors. You will discover traditional and innovative methods, learn the best practices for each type of food and know the current regulations regulating food safety.

CHAPTER ONE

Fundamentals of preservation

Food preservation includes all practices and technologies used to maintain the quality and safety of food for a prolonged period of time. It is essential to prevent deterioration caused by physical, chemical and biological factors which may affect the edible quality and health of food.

Traditional and Modern Methods

There are various methods for preserving the food, each with its own advantages and disadvantages. Below is an overview of the most common methods:

Refrigeration
Used to slow down microbial growth and chemical reactions. Ideal for short-term storage of fresh products such as dairy, meat, fruits and vegetables.

Freezing
Allows food to be preserved for a long time, almost completely blocking microbial growth and enzymatic reactions. Commonly used for meat, fish and prepared products.

Vacuum Preservation
By removing air, the oxidation is reduced and growth of aerobic microorganisms is slowed down.

Freeze-drying
Consists in the process of removing water from food by sublimation. Ideal for long-term storage. Is often used for coffee, fruit and prepped meals.

Dry Preservation
Includes smoking, salting and drying, all recommended methods for dried meat, fish and spices.

General Guidelines

To ensure an optimal preservation, it is essential to follow some general guidelines:

- **Optimal Temperatures**: Keeping food at recommended temperatures is essential. For example, meat should be stored at temperatures below 4°C for refrigeration and -18°C for freezing.

- **Moisture**: Controlling moisture is crucial to prevent mold growth and food dehydration. Some products, such as cheeses, require specific levels of moisture for proper storage.

- **Lighting**: Light can cause the breakdown of some vitamins and the formation of unwanted compounds. It’s advisable to store food away from direct light.

- **Stock Rotation:** Use the FIFO* (first in, first out) principle to ensure that older products are used first, reducing the risk of expiry and waste.

- **Hygiene**: Keep storage rooms clean to prevent contamination and infestation.

Following these guidelines, you can optimize the preservation of food, improving the quality and safety of products offered to your customers.

**Method whereby the first products to be stored are used first*

CHAPTER TWO

Preservation in Horeca sector

Specific Challenges

In the Horeca sector (Hotels, Restaurants and Cafés), food preservation presents unique challenges due to high volume, variety of processed foods and rapid turnover. Food quality and safety are essential to meet customer expectations and comply with health and hygiene regulations.

Essential guidelines

To ensure an optimal preservation in Horeca sector, it's essential to adopt best practices that can maintain the quality and safety of food. Recommended practices include:

Refrigeration
Keep refrigerators at a constant temperature of 0-4°C to prevent bacterial growth. Use built-in thermometers to monitor temperatures and make sure your refrigerators are working properly.

Freezing
Store frozen food at -18°C or below. Avoid overloading freezers to ensure proper air circulation. It is useful for many types of food, including meat, cheese and ready meals.

Freeze-drying
Process that removes water from food by sublimation. Ideal for storing food for long periods while maintaining flavor and nutrients, it is often used for coffee, fruit and ready meals.

Dry Storage
Includes salting, drying and smoking. These methods are ancient but still relevant for products such as dried meat, fish and spices.

General Guidelines

To ensure an optimal preservation, it's essential to follow some general guidelines:

Optimal Temperatures
Keeping food at recommended temperatures is essential. For example, meat should be stored at temperatures below 4°C for refrigeration and -18°C for freezing.

Moisture
Controlling moisture is crucial to prevent mold growth and food dehydration. Some products, such as cheeses, require specific levels of moisture for proper storage.

Lighting
Light can cause the breakdown of some vitamins and the formation of unwanted compounds. It's advisable to store food away from direct light.

Stock Rotation
Use the FIFO* (first in, first out) principle to ensure that older products are used first, reducing the risk of expiry and waste. It's a stock management technique used to ensure that products stored first are also the first to be used or sold.

Labelling

- Label all foods with clear and legible information, such as the date of preparation, expiry date and storage instructions.
- Use water and cold-resistant labels to ensure the information remains legible.

Hygiene and Disinfection

- Clean and disinfect refrigerators, freezers and work surfaces regularly.
- Use food-safe cleaning products and follow the manufacturer's instructions.

Tools and Technologies

The adoption of advanced tools and technologies can significantly improve food preservation in Horeca stores. Here are some of the most effective solutions:

Industrial refrigerators

Invest in high-quality refrigerators and freezers, designed for an intensive use and to maintain constant temperatures even during periods of frequent door opening. Make sure that the appliances are equipped with alarm systems to signal any changes in temperature.

Blast Chillers
Use blast chillers to quickly cool cooked foods, reducing the risk of bacterial growth. These tools are particularly useful for storing ready-made dishes and ingredients prepared in advance.

Digital Monitoring Systems
Implement digital monitoring systems to track temperatures in real time and receive notifications if anomalies occur. These systems can record historical data, helping you to identify and solve preservation problems

Specific Preservation for Types of Food

Meat and poultry
Store raw meat and poultry in sealed containers to avoid cross-contamination. Keep these proteins in the bottom of the refrigerator to prevent contamination of other foods.

Fish and Seafood
Store fish and seafood at temperatures just above freezing (0-2°C) to maintain freshness. Use crushed ice containers to extend the life of more delicate products.

Fruit and vegetables
Store fruit and vegetables in separate drawers with adjustable humidity controls to prevent dehydration or excess moisture. Wash and dry the vegetables thoroughly before storing them to reduce the presence of bacteria.

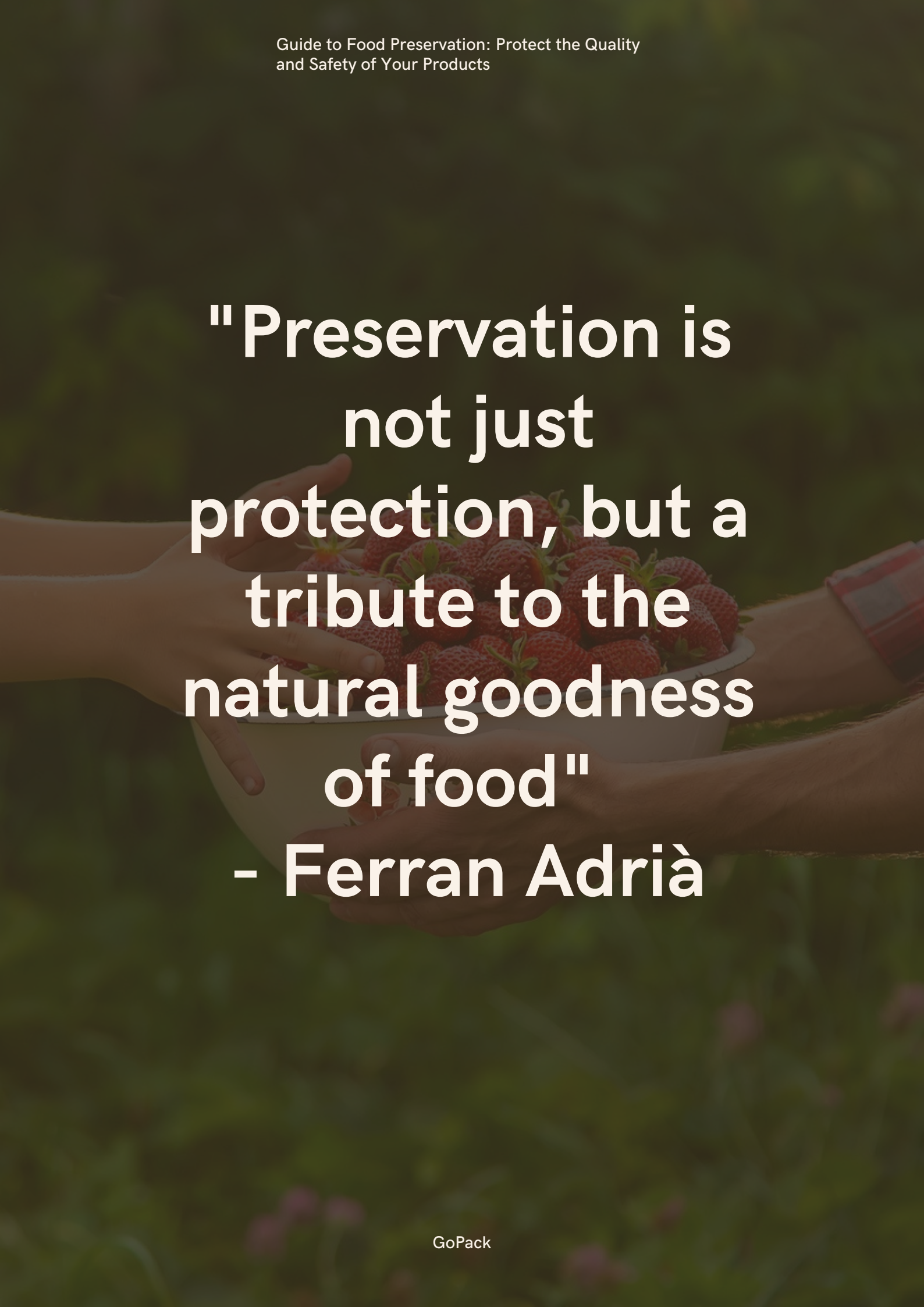
Dairy products
Store milk, cheese and other dairy products at constant temperatures of 0-4°C. Use airtight containers to prevent odor absorption and contamination.

Prevention of Cross-Contamination

Preventing cross-contamination is crucial to maintaining food safety. Here are some effective strategies you can use to ensure that your food remains safe and of high quality:

Separate Utensils
Using separate utensils, cutting boards and containers for raw meat, fresh vegetables and cooked foods is a key practice to prevent cross-contamination. This method prevents the bacteria on raw meat from being transferred to fresh vegetables or cooked foods, which are ready for consumption. To make this practice even more effective, many people choose to label and colour their tools so that they can be easily identified and ensure that each type of food is treated with the appropriate tools.

Hand hygiene
Washing your hands thoroughly with warm soapy water before and after handling raw foods is another essential strategy. This simple gesture helps to remove any bacteria or other contaminants that may be present. In situations where an extra layer of protection is needed, the use of disposable gloves can be very useful. It is important to change gloves frequently, especially after handling raw food, to avoid the spread of contaminants.



"Preservation is not just protection, but a tribute to the natural goodness of food"
- Ferran Adrià

CHAPTER THREE

Preservation in GDO sector

The preservation of food in **great organized distribution** (GDO) presents specific challenges due to the high volume of products handled and the need to ensure quality and safety throughout the supply chain.

Meeting these challenges requires a thorough understanding of the cold chain, long-term preservation practices and strategies for waste and waste management.

The Cold Chain

One of the most critical aspects in food preservation in the GDO is **cold chain management**. Maintaining food at **constant and appropriate temperatures** from the time of production to retail is essential for **preserving the freshness and safety** of products.

This requires continuous monitoring of temperatures during transport, storage and distribution. To ensure that the cold chain is not interrupted, many GDO operators use advanced tracking systems that monitor temperature conditions in real time, allowing early intervention in case of anomalies.

Long-Term Preservation

The long-term preservation of food in the GDO requires specific practices that vary depending on the type of product.

For example, **frozen products** should be kept at temperatures of -18°C or lower to prevent the growth of microorganisms and ensure food safety. For **packaged products**, it is essential to control not only the temperature but also the humidity, in order to prevent the packaging from being damaged or the products losing their quality.

The preservation of **fresh products**, such as fruit and vegetables, requires controlled temperature environments with specific humidity levels to avoid dehydration or excessive moisture that can cause mold.

Waste Management

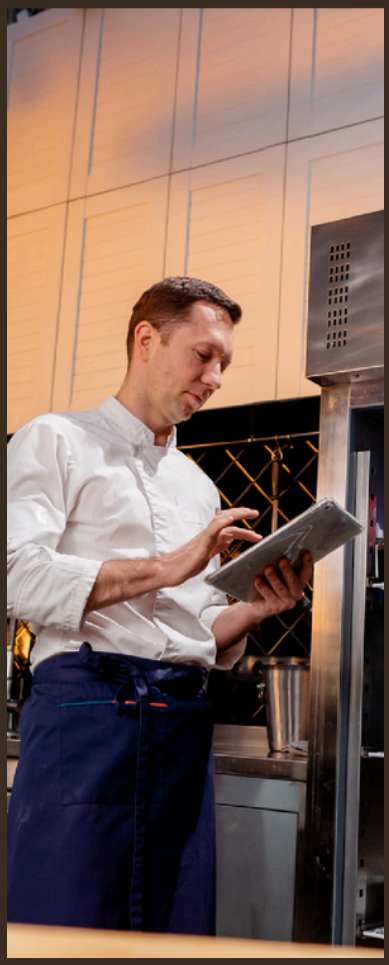
Waste management is another critical area in food preservation in the GDO.

Reducing food waste not only has a **positive impact on the environment**, but also helps improve operational efficiency and reduce costs.

To address this problem, many GDO companies adopt strategies such as donating near-maturity products to charities or converting food waste into compost or energy through recycling processes.

In addition, the **adoption of technologies** such as inventory management systems can help to monitor product deadlines in real time, allowing better planning of promotional sales and reducing waste.

Technological Innovations



Technological innovations are playing an increasingly important role in food preservation in the GDO.

For example, the use of **IoT** (Internet of Things) sensors enables more accurate **monitoring** of environmental conditions, improving the ability to maintain the cold chain and respond quickly to any problems. In addition, **supply chain management** software integrates data from different sources, providing a complete and real-time view of storage conditions throughout the supply chain.

These tools not only improve food safety and quality, but also help **optimize logistics** and reduce operating costs.

Education and Awareness

Finally, a key element for successful preservation practices in the GDO is the education and awareness of the staff.

Ensuring that all employees are properly trained in best food preservation practices and technologies is essential to maintaining high standards of safety and quality. Ongoing training and **awareness of the importance of proper preservation** can help to prevent errors and ensure that all operations are carried out in accordance with **applicable regulations** and industry best practices.

In summary, food preservation in the GDO requires an **integrated approach** combining strict cold chain control, long-term conservation practices, effective waste and waste management strategies, The adoption of technological innovations and staff training. By following these guidelines, you can ensure the highest quality and safety of products offered to consumers while improving **operational efficiency** and **reducing environmental impact**.

CHAPTER FOUR

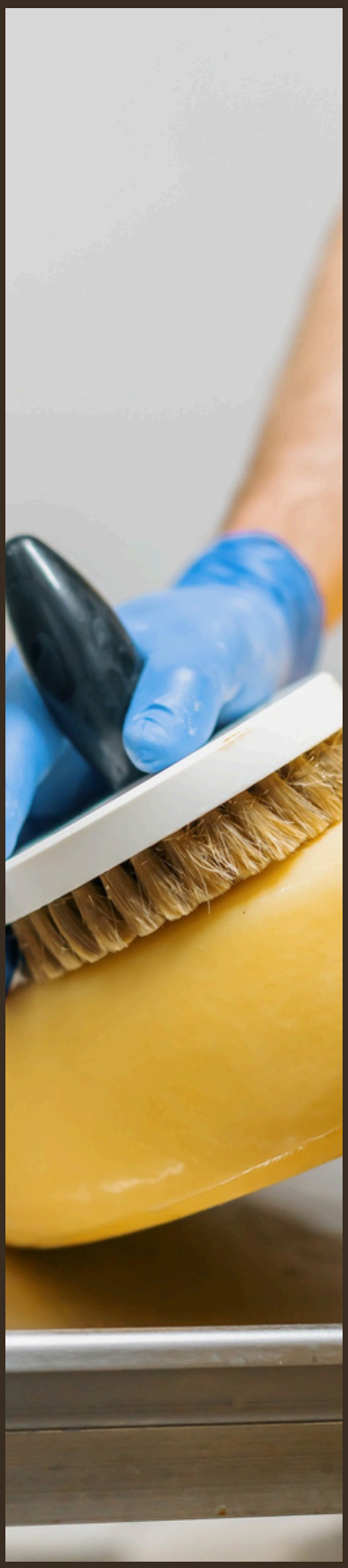
Dairy Products

The preservation of dairy products requires special attention because of their **sensitivity to environmental conditions** and the possibility of rapid deterioration. To maintain the quality and safety of these products, it is important to understand the specific needs of milk, cheese and other derivatives.

Conservation of milk and its derivatives

Milk and its derivatives, such as yogurt and cream, need **precise temperatures** to stay fresh and safe. Milk, for example, should be stored at temperatures **between 0°C and 4°C**. This temperature slows the growth of bacteria and prolongs the life of the product. The containers used for milk also play a crucial role; they must be **sealed** and **cleaned** to prevent contamination and odour absorption that could alter the taste and quality of the product.

Another key aspect is **stock rotation**. Using the FIFO (First In, First Out) principle ensures that older products are used first, reducing the risk of expiry and waste. Clear and visible product **dating** facilitates this practice, ensuring that the latest products are always positioned behind those already in stock.



Maturation and Preservation of Cheeses

Cheeses require specific conditions depending on the type. Cheese ripening is a delicate process that requires precise control of **temperature and humidity**. For example, matured cheeses must be stored at temperatures ranging from **10°C to 15°C**, with a relative humidity of **80-90%**. These parameters allow cheeses to develop their characteristic flavour and consistency without becoming too dry or too moist. For fresh cheeses, on the other hand, the temperature must be maintained between **0°C and 4°C** to prevent **bacterial growth**. Again, the containers must be **airtight** to prevent contamination and odour absorption. In addition, the use of ventilated and clean environments for storage helps to maintain the quality of cheeses, preventing the formation of unwanted mold.

Used Technologies

The adoption of advanced technologies can significantly improve the preservation of dairy products. **Cold rooms**, for example, are designed to maintain constant temperatures and humidity, providing an ideal environment for long-term storage. These cells are often equipped with **alarm systems** that signal any temperature changes, allowing timely intervention to **prevent the deterioration of products**. Another useful tool is **stock management software**, which monitors storage conditions in real time and ensures **traceability** of products. These systems can record historical data on storage conditions, helping to identify and resolve any storage problems.

Hygiene and Safety

Hygiene is a crucial element in the preservation of dairy products. Keeping storage environments, containers and equipment clean helps prevent **cross-contamination** and bacterial growth. Regular cleaning and the use of appropriate sanitising products are essential to maintain high hygiene standards. In addition, **staff training** on food hygiene and safety practices is crucial. Ensuring that all team members understand the importance of these practices and know how to apply them correctly can make a difference in the quality and safety of products stored.

Conclusions

The preservation of dairy products requires a combination of specific techniques, advanced technologies and rigorous hygiene practices. Understanding the particular needs of these products and taking appropriate measures can ensure that milk, cheese and other derivatives maintain their freshness, quality and safety. Through careful management of temperature, humidity and hygiene, it is possible to offer consumers high-quality products while improving operational efficiency and reducing waste.

"Respecting the ingredients is essential to bring memorable dishes to the table." - Yotam Ottolenghi

CHAPTER FIVE

Pasta Based Products

Pasta, both fresh and dried, is an essential food in many kitchens and requires specific preservation practices to maintain its quality and safety. Depending on the type of dough, the conservation requirements may vary significantly. This chapter explores best practices for preserving pasta, focusing on aspects such as temperature control, humidity and packaging techniques.

Preservation of fresh pasta

To ensure optimal storage in Horeca stores, it is essential to adopt best practices that can maintain the quality and safety of food. Recommended practices include:

Fresh pasta, unlike dry pasta, contains a higher percentage of humidity and, consequently, has a life of shorter storage. To maintain the freshness of fresh pasta is essential to store at temperatures between 0°C and 4°C. This temperature slows down the growth of bacteria and prevents the formation of mold.

Fresh pasta must be stored in sealed containers to prevent dehydration and cross-contamination. The use of sealed containers help to keep moisture inside and protects the dough from absorption of extraneous odours which could alter the taste.

Preservation of Dry Pasta

Dry pasta, thanks to its low humidity, has a much longer shelf life than fresh pasta. However, even dry pasta requires proper management of the storage environment to keep its properties intact. Dry pasta should be stored in a cool and dry environment, preferably at temperatures below 25°C. A critical factor in the preservation of dry pasta is moisture control. Keeping the relative humidity below 50% is essential to prevent mold formation and moisture absorption by the dough, which could compromise its consistency and quality. It is also important to avoid direct exposure to sunlight, as it can degrade nutrients and alter the colour of the dough.

Storage Environments

Storage environments play a fundamental role in the preservation of pasta, both fresh and dry. For fresh pasta, chillers or cold rooms are ideal for maintaining constant and controlled temperatures. Making sure these rooms are clean and well ventilated helps prevent contamination and the growth of bacteria. For dry pasta, storage rooms should be dry and ventilated, with good air circulation to prevent moisture accumulation. Using shelving that allows air flow around the dough packs can help to maintain ideal conditions.

Packaging and Preservation

Packaging plays a key role in preserving the pasta, protecting it from external factors such as moisture, light and odours. For fresh pasta, vacuum packaging is an effective technique to extend its shelf life. By removing air, vacuum reduces the risk of oxidation and microbial growth. For dry dough, the use of barrier packaging materials such as plastic film or coated paper bags can protect the product from moisture and oxygen. Modified atmosphere packaging, which replaces the air inside the package with inert gases such as nitrogen, can also extend shelf life while maintaining the quality of the dough.

Hygiene and Safety

Maintaining high standards of hygiene is essential for the preservation of pasta. Storage areas shall be regularly cleaned and sanitized to prevent cross-contamination. Operators must be adequately trained in food hygiene practices, including proper hand washing and the use of gloves and protective clothing. In addition, it is important to regularly monitor the storage conditions and quality of the pasta. Periodic checks help to identify any problems, such as changes in temperature or humidity, that could compromise the safety and quality of the product.

Conclusions

The conservation of pasta, both fresh and dried, requires a careful and meticulous approach.

Understanding the specific needs of each type of dough and taking appropriate measures to control temperature, humidity and hygiene can ensure that the product maintains its quality and safety.

Through the use of advanced technologies, appropriate packaging practices and careful management of storage environments, it is possible to offer consumers high quality pasta while improving operational efficiency and reducing waste.

On the next page you will find a to-do list designed to **help you maintain food quality and safety in your business**. One of GoPack's goals has always been food safety and it is important for us to provide you with tools to help you ensure that every customer is safe.

Use this list **monthly** to ensure that your products are always **fresh, well-preserved and safe, reducing waste and complying with regulations.**

Print and hang in one place visible, so you and your team can easily follow it and tick off each completed task.

TO-DO LIST

- [ ] Update inventory and order new products if necessary.
- [ ] Monitor and record temperatures. If necessary, clean and defrost refrigerators and freezers to maintain efficiency.
- [ ] Clean and disinfect shelves, containers and storage surfaces. Make sure there are no signs of pest infestation.
- [ ] Check that all containers and packaging are intact and free of damage. Repair or replace any damaged packaging.
- [ ] Check the status of refrigerators, freezers and shelves and plan maintenance or repairs if necessary
- [ ] Review and Apply the FIFO Principle
- [ ] Check that allcleaning materials and disinfectants are available.
- [ ] Implement eco-sustainable solutions through the use of eco-friendly packaging solutions and innovations to improve conservation and reduce environmental impact.
- [ ] Keep detailed records of all controls and inspections carried out and ensure that the food traceability system is up to date and functioning.
- [ ] Collect feedback from staff and make improvements based on feedback received
- [ ] Hold training sessions for new hires or updates for all staff.

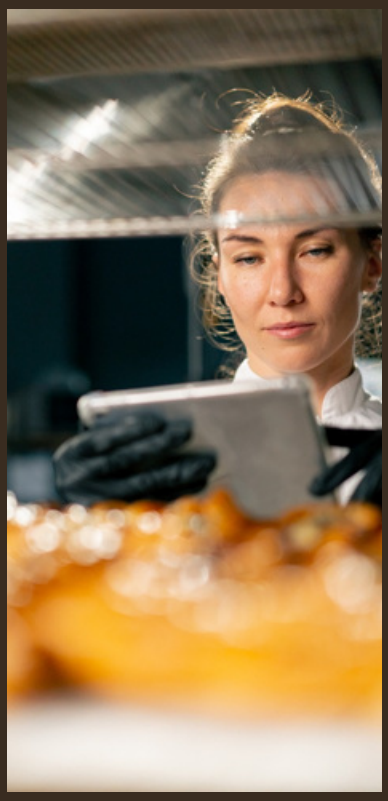
CHAPTER SIX

Safety Regulations

Food safety is a top priority for all companies operating in the food sector. Compliance with applicable regulations and the implementation of strict control procedures is essential to ensure the quality and safety of products offered to consumers. This chapter explores key national and international regulations, control procedures and the importance of food traceability.

National and International Regulations

The regulations that govern food safety vary from country to country, but many are based on common principles established by international organisations.



In Europe, for example, regulations are often harmonised at the EU level and are mainly guided by European Union regulations. The **EU Regulation 382/2021 on food hygiene** sets out general requirements for food safety, including criteria for the construction and maintenance of establishments, staff training and production practices.

At a global level, the **Codex Alimentarius**, developed jointly by FAO and WHO, provides international guidelines and standards to ensure food security. These standards cover a wide range of aspects, from food production to handling and distribution.

Control Procedures

Implementing effective control procedures is essential to ensure compliance and prevent food safety problems. A common and highly recommended approach is the Hazard Analysis and Critical Control Points (HACCP) system. HACCP is a preventive system that identifies, assesses and controls significant food safety risks during the production process. The HACCP system is based on seven basic principles:

1. **Hazard analysis**

Identify the biological, chemical and physical hazards that may compromise food safety.

2. Identification of Critical Control Points (CCP)

Identify points in the process where hazards can be controlled or eliminated.

3. Definition of critical limits

Establish specific criteria for each CCP to ensure that the hazard is under control.

4. Monitoring of CCPs

Implement procedures to monitor CCPs and ensure that critical limits are met.

5. Corrective Actions

Define actions to be taken when a CCP is not under control.

6. System verification

Verify that the HACCP system works effectively through audits and other verification activities.

7. Documentation and Registration

Maintain detailed documents and records to demonstrate that the HACCP system is in place and functioning properly.

Traceability of Food

Traceability is another crucial element of food safety.

Being able to trace a food product along the entire **supply chain**, from producer to consumer, is crucial for responding quickly and effectively to any food safety issues. Traceability enables **the source of contamination to be identified quickly** and the affected products to be withdrawn from the market.

Modern technologies, such as **blockchain-based traceability systems**, are revolutionizing this field. Blockchain offers an immutable digital ledger that **documents every step of the supply chain**, improving transparency and trust between consumers and manufacturers.

Staff Training

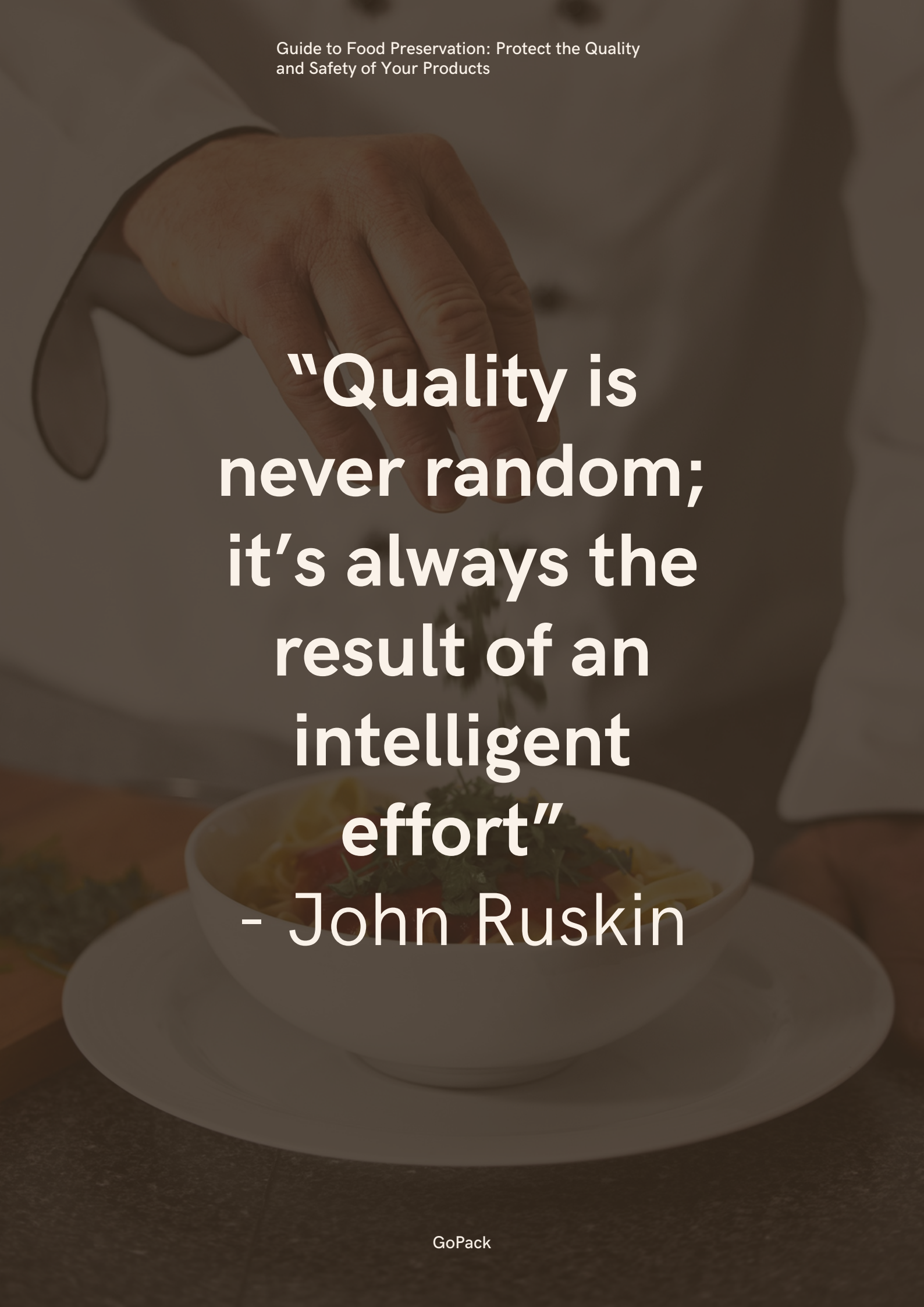
Staff training is an essential element in ensuring food safety. All employees shall be adequately trained in hygiene practices, HACCP procedures and applicable regulations. Training should be continuous, with regular updates to keep staff informed of the latest regulations and best practices.

In addition, **awareness of the food safety culture** should be promoted at all levels of the organisation. A strong food safety culture helps create an environment where all employees are committed to maintaining high quality and safety standards.

Conclusions

Ensuring food safety is a **fundamental responsibility** for all food companies. Comply with national and international regulations, implement strict control procedures such as HACCP, Maintaining effective traceability and investing in staff training are all **essential elements** to ensure that the products offered are safe and of high quality.

Taking these measures not only protects the **health of consumers**, but also strengthens the reputation of the company by promoting customer trust and loyalty.



“Quality is never random; it’s always the result of an intelligent effort”

- John Ruskin

CHAPTER SEVEN

Innovation and Future of Preservation

Food preservation is an evolving field, thanks to new technologies and scientific advances that are transforming traditional practices. These innovations not only improve food quality and safety, but also help make processes more sustainable. This chapter explores some of the emerging technologies and future trends in food preservation.

New Technologies for the Preservation

One of the most promising technologies for food preservation is **smart packaging**. This type of packaging uses **sensors and indicators** that monitor the quality of food in real time. For example, there are **labels that change colour** according to the freshness of the product or that indicate the presence of gases produced by the decomposition of food. These tools help **prevent spoilage** and ensure that consumers always receive fresh products.

Another significant innovation is **blockchain technology** for

food traceability. Blockchain creates an **immutable digital ledger** that documents every step of the supply chain, improving transparency and trust between consumers and manufacturers. Thanks to **blockchain**, it is possible to precisely trace the origin of a product, the conditions of **transport and the storage processes**, making it easier to identify and solve any food safety problems.

Sustainability in food preservation

Sustainability has become a central priority in the food sector. **Eco-friendly preservation** methods are gaining more and more attention as companies seek to **reduce the environmental impact** of their operations. Among sustainable practices, **the use of biodegradable and compostable packaging materials** is becoming increasingly common. These materials, unlike traditional plastics, degrade more easily and do not contribute to long-term pollution.

Another sustainable approach is the adoption of **energy efficient refrigeration technologies**. These systems use natural refrigerants and advanced technologies to **reduce energy consumption and greenhouse gas emissions**. In addition, the implementation of heat recovery systems allows the energy generated by cooling processes to be reused, improving the overall efficiency of the operation.

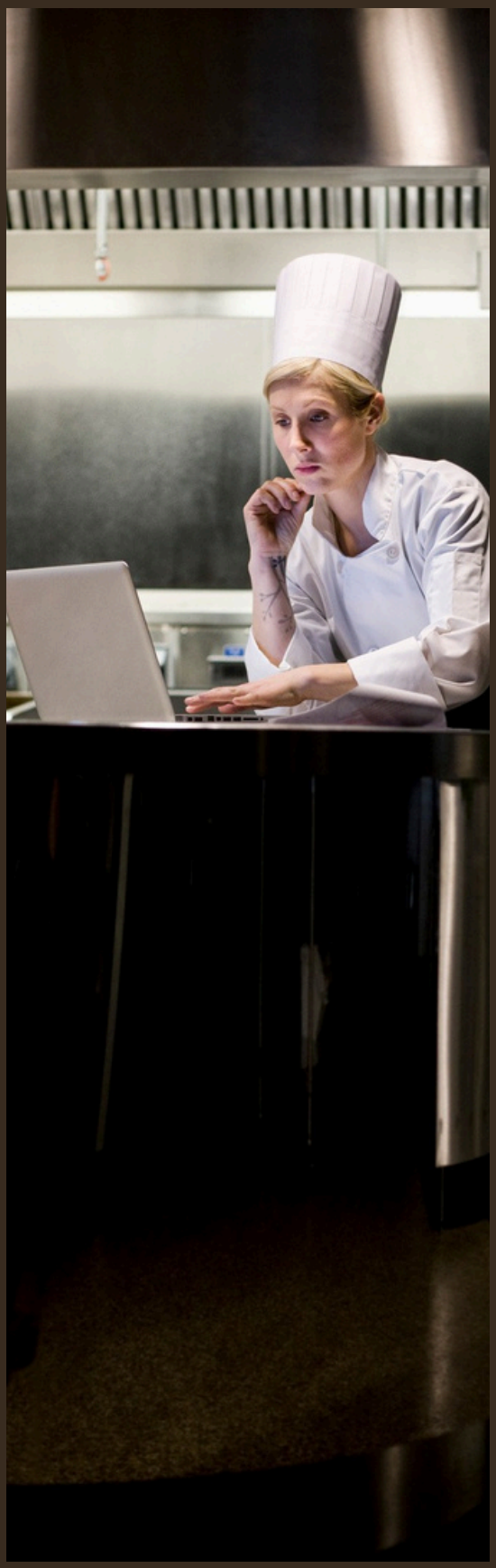
Emerging trends in preservation

Among emerging trends, **natural fermentation** is attracting increasing interest. This method, which uses **natural micro-organisms** to preserve food, not only extends the shelf life but also improves the **nutritional value and taste** of products. Fermentation is an ancient technique that is coming back in thanks to its health benefits and sustainability.

Another significant trend is **storage without chemical additives**. Consumers are increasingly aware of the ingredients in food and **prefer options that do not contain artificial preservatives**. In response to this question, companies are developing preservation techniques that use physical processes such as **cold pasteurisation** and high pressure to maintain food freshness and safety **without the use of chemical additives**.

Research and Development

Research and development (R&D) plays a crucial role in food preservation innovation. Universities, research centres and companies are collaborating to explore **new techniques** and improve existing ones. For example, research into the use of **nanotechnologies** to improve barrier properties of packaging is opening up new possibilities for long-term preservation.



In addition, the **use of big data** and artificial intelligence (AI) is revolutionizing **inventory management** and demand forecasting. These technologies allow large amounts of data to be analysed in order to **optimise conservation processes, reduce waste and improve logistics**. AI-based forecasting can help companies make informed decisions about when and how to store products, improving **operational efficiency**.

Conclusions: The Future of Food Preservation

The **future of food preservation** is promising, with technological innovations improving product quality, safety and sustainability.

Adopting new technologies such as **smart packaging**, blockchain and chemical-free storage techniques, together with a strong commitment to **sustainability**, will transform the way we store and manage food.

Investing in research and development and staying up to date on emerging trends will enable companies to **remain competitive** and offer consumers safe, fresh and **high quality products**.

CONCLUSIONS

Guarantee Quality and Safety

Food preservation is a fundamental aspect of any activity in the food sector, from production to distribution. Through this guide, we have explored **best practices** to maintain the freshness, quality and safety of products, addressing various specific needs from the Horeca sector to mass distribution, dairy and pasta-based products.

Key Points

1. **Fundamentals of Food Preservation:**
   - Understanding the basics of preservation is essential to prevent deterioration and ensure food safety.
   - Methods such as refrigeration, freezing, vacuum storage and freeze-drying are key tools in maintaining food quality.

2. **Preservation in Horeca and GDO sector:**
   - Cold chain management and stock rotation are crucial practices to ensure that products remain fresh and safe.
   - Technological innovations such as digital monitoring systems and advanced cold stores, significantly improve the efficiency and safety of food storage.

3. **Dairy and pasta based products:**
   - Each food category has specific requirements that must be met to maintain quality and safety.
   - Proper packaging techniques and strict control of temperature and humidity are essential for preserving products such as milk, cheese, fresh and dry pasta.

4. **Regulations and Food Safety**
   - Adapting with national and international regulations, implementing control procedures such as HACCP and maintaining effective traceability are key steps to ensure food safety.
   - Continuous training of staff and the promotion of a food safety culture are essential to maintain high standards.

5. **Innovazioni e Futuro:**
   - New technologies such as smart packaging and blockchain are revolutionizing the field of food preservation, improving transparency, traceability and sustainability.
   - Research and development continues to advance new solutions for improving conservation practices, while meeting the needs of consumers and the environment.

Next Steps

I**mplementing** these practices and technologies can transform the way you store and manage food, ensuring your customers have **high quality and safe products**.

GoPack is here to support you in this journey, offering **advanced solutions** and **personalized advice** to improve your preservation operations. Contact us for more information and find out how we can help you optimize the preservation of your food products.

By following the guidelines provided in this guide, you will not only improve the quality and safety of your products, but also **help reduce waste** and promote **more sustainable practices** in the food sector. The future of food preservation holds promise, and with the right strategies you can be at the forefront of these innovations, delivering the best to your customers.

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