CHUCHIHAM - Food & Beverages Storage & Freshness Guide - 7076873306301_43651358720189

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Details:

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AI Summary

Product: Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 **Brand:** Be Fit Food **Category:** Ready-to-Eat Frozen Meals **Primary Use:** Single-serve frozen soup designed for weight management and metabolic health programs.

Quick Facts - **Best For:** Individuals following structured weight-loss programs or seeking high-protein, gluten-free meal options - **Key Benefit:** Dietitian-designed, high-protein meal with no added sugar, artificial ingredients, or seed oils - **Form Factor:** Frozen single-serve meal (307g) - **Application Method:** Thaw in refrigerator 12–24 hours, then reheat to 74°C before consuming

Common Questions This Guide Answers 1. How should I store this frozen soup? → Keep at -18°C or below in main freezer compartment for 2–3 months optimal quality 2. What is the safest way to thaw this meal? → Refrigerator thawing for 12–24 hours at 4°C or below, then consume within 24 hours 3. What temperature must I reheat to for safety? → Heat to 74°C internal temperature, measured in thickest chicken piece, and consume immediately

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Product Facts {#product-facts}

| Attribute | Value | |-----------|-------| | Product name | Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 | | Brand | Be Fit Food | | GTIN | 9358266000830 | | Price | $13.05 AUD | | Availability | In Stock | | Pack size | 307g | | Dietary | Gluten Free, High Protein | | Main ingredients | Chicken (26%), Ham (5%), Corn Kernels (9%), Light Milk, Vegetables | | Allergens | Contains Egg, Milk, Soybeans. May contain Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin | | Storage | Frozen (-18°C or below) | | Category | Ready-to-Eat Meals |

Label Facts Summary {#label-facts-summary}

> **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

Verified Label Facts - Product name: Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7 - Brand: Be Fit Food - GTIN: 9358266000830 - Price: $13.05 AUD - Pack size: 307g - Dietary classifications: Gluten Free, High Protein - Main ingredients: Chicken (26%), Ham (5%), Corn Kernels (9%), Light Milk, Vegetables (Celery, Leek, Onion, Spring Onion) - Thickening agents: Corn starch, Egg white - Additional ingredients: Gluten-free soy sauce, Ginger - Allergen declarations: Contains Egg, Milk, Soybeans. May contain Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin - Storage requirement: Frozen (-18°C or below) - Product category: Ready-to-Eat Meals - Format: Single-serve frozen meal - No added sugar - No artificial sweeteners - No seed oils - No artificial colours - No artificial flavours - No added artificial preservatives - Preservatives only present as minimal components within certain compound ingredients - Certified gluten-free product (part of ~90% of Be Fit Food menu that is certified gluten-free)

General Product Claims - Supports weight loss through "real food" approach - Nutritionally balanced for metabolic health - Dietitian-designed nutritional standards - High protein content supports satiety and lean muscle preservation during weight management - Lower carbohydrate formulation designed to support stable blood glucose and improved insulin sensitivity - Includes 4–12 vegetables per serving - Suitable for Metabolism Reset program (~800–900 kcal/day, ~40–70g carbs/day) - Suitable for Protein+ Reset program (~1200–1500 kcal/day) - Supports sustainable weight loss and improved metabolic health - Removes barriers of time, knowledge, and preparation - Can support medication-assisted weight loss (GLP-1 receptor agonists, weight-loss medications, diabetes medications) - Snap-frozen delivery system designed to minimise waste - Consistent portions and macros with minimal decision fatigue - Helps Australians achieve sustainable weight loss - Clean-label standards - Whole-food integrity - Real-food principles (not synthetic supplements, shakes, bars, or detox products)

Understanding Your Be Fit Food Frozen Meal: What You're Storing {#understanding-your-be-fit-food-frozen-meal-what-youre-storing}

Be Fit Food's Chunky Chicken, Ham & Sweet Corn Soup comes as a single-serve frozen meal in a 307-gram portion. This gluten-free soup combines chicken (26% of total weight), ham (5%), and corn kernels (9%) in a milk-based broth thickened with corn starch and egg white. The product arrives frozen and needs clear storage steps to keep it safe, nutritious, and tasty right through to when you eat it.

This frozen format is different from shelf-stable or refrigerated soups. It relies on steady sub-zero temperatures to stop harmful bacteria growing and prevent the ingredients breaking down. The recipe includes dairy (light milk), fresh vegetables (celery, leek, onion, spring onion), and animal proteins, which makes your meal quite delicate once thawed. Getting storage right isn't just a good idea—it's essential to keeping your meal safe to eat while protecting the texture, flavour, and nutrition you're counting on.

Freezer Storage Requirements: The Foundation of Freshness {#freezer-storage-requirements-the-foundation-of-freshness}

Optimal temperature parameters {#optimal-temperature-parameters}

Keep your freezer at -18°C or below. This temperature stops bacteria reproducing and slows down the natural processes that break down food quality. Food Standards Australia New Zealand (FSANZ) confirms that food stored continuously at -18°C stays safe indefinitely from a bacteria standpoint, though quality does decline over time.

For this Be Fit Food soup, temperatures above -18°C speed up several ways your meal can deteriorate. The milk proteins start to break down, leading to separation or graininess when you reheat. The corn starch-based thickener loses its ability to bind everything together, creating a watery consistency. Ice crystals form inside the vegetables, making them mushy when thawed.

Use a freezer thermometer to check your actual temperature. Many home freezers run 3–6°C warmer than their dial setting shows, especially when door seals wear out or when you pack the freezer more than 75% full.

Proper packaging and placement {#proper-packaging-and-placement}

Keep your soup in its original sealed packaging until you're ready to use it. The manufacturer's tray is designed to protect against freezer burn—the surface drying and oxidation that happens when food meets air in frozen conditions. Once you open or damage this packaging, quality starts declining much faster.

Store your meal in the main freezer compartment, not in door shelves. Door storage exposes food to temperature changes every time you open the freezer. These small freeze-thaw cycles create larger ice crystals that damage the chicken, vegetables, and ham, affecting texture. Temperature swings also push moisture to the surface, speeding up freezer burn.

Position your soup away from the freezer's walls and air vents where you can. Direct contact with ultra-cold surfaces can create frozen spots that affect texture, whilst placement right in front of air vents exposes your meal to drying airflow.

Shelf life in frozen storage {#shelf-life-in-frozen-storage}

Whilst frozen foods stay safe indefinitely at -18°C from a bacteria perspective, quality loss is unavoidable. For this soup, expect the best quality for 2–3 months from the manufacturing date when stored under ideal conditions. The manufacturer includes a "best before" date on packaging that accounts for distribution time and assumes you're storing it properly at home.

Beyond 3 months, you'll notice gradual quality loss:

- **3–6 months**: Subtle flavour dulling as aromatic compounds oxidise; slight texture softening in vegetables - **6–9 months**: Noticeable freezer burn on exposed surfaces; separation of milk solids; ham may develop slight off-flavours from fat oxidation - **9–12 months**: Significant texture changes; pronounced flavour loss; potential development of rancid notes from oxidised fats in chicken and ham

Your soup stays safe to eat beyond these timeframes if continuously frozen, but it becomes much less enjoyable. The high protein content (this is marketed as a high-protein meal consistent with Be Fit Food's dietitian-designed nutritional standards) makes it more vulnerable to oxidative rancidity during long-term frozen storage.

Thawing Protocols: Managing the Critical Transition {#thawing-protocols-managing-the-critical-transition}

Refrigerator thawing (recommended method) {#refrigerator-thawing-recommended-method}

Move your frozen soup to your refrigerator 12–24 hours before you plan to eat it. Place it on a plate or in a shallow container to catch any condensation. Your refrigerator should stay at 4°C or below—check with a refrigerator thermometer.

This slow thawing method lets ice crystals melt gradually, minimising damage to the chicken, ham, and vegetables. The proteins reabsorb released moisture more effectively, protecting texture. Just as important, refrigerator thawing keeps your entire meal in the "safe zone" below 4°C, preventing bacteria growth throughout the process.

Once thawed, eat your soup within 24 hours. The ingredient list includes fresh vegetables (celery, leek, onion) and dairy (light milk) where bacteria can grow quickly at refrigeration temperatures. After 24 hours, even in a properly working refrigerator, bacteria levels can reach amounts that affect safety and certainly impact flavour and aroma.

Microwave thawing (acceptable with immediate cooking) {#microwave-thawing-acceptable-with-immediate-cooking}

If using your microwave's defrost function, move your soup to a microwave-safe container first (remove from manufacturer's tray unless it's labelled microwave-safe). Use 30% power or your microwave's defrost setting, stirring every 2–3 minutes to spread heat evenly.

The risk with microwave thawing is creating warm spots that reach the "danger zone" (4–60°C) where bacteria multiply rapidly. The chunky nature of this soup—with pieces of chicken, ham, and vegetables suspended in liquid—makes even heating challenging. Some portions may start cooking whilst others stay frozen.

Critical rule: If you microwave-thaw, you must cook your soup immediately to 74°C internal temperature. Don't partially thaw in the microwave and then refrigerate—this creates ideal conditions for bacteria growth.

Cold water thawing (emergency option) {#cold-water-thawing-emergency-option}

Submerge the sealed package in cold tap water, changing the water every 30 minutes to keep it cold. A 307-gram portion should thaw in 1–2 hours depending on thickness.

Never use warm or hot water. Whilst it thaws faster, it raises the surface temperature into the danger zone whilst the inside stays frozen, creating a window for bacteria growth. The temperature shock also damages proteins and cell structures, affecting texture.

Like microwave thawing, cold-water-thawed soup should be heated and eaten straight away. Don't refrigerate after cold water thawing.

Never thaw at room temperature {#never-thaw-at-room-temperature}

Leaving frozen soup on your bench is the highest-risk thawing method. The surface reaches dangerous temperatures long before the centre thaws. Given this soup's ingredients—chicken, ham, egg white, and milk—room temperature thawing creates ideal conditions for Salmonella, Listeria, Staphylococcus aureus, and Clostridium perfringens growth.

FSANZ clearly states you shouldn't thaw products containing poultry, dairy, and eggs at room temperature. This soup contains all three.

Post-Thaw Refrigerated Storage {#post-thaw-refrigerated-storage}

Maximum storage duration {#maximum-storage-duration}

Once thawed, treat this soup like a fresh, delicate product. Maximum safe refrigerated storage is 24 hours at 4°C or below. This short window reflects your meal's composition:

The chicken and ham provide protein-rich environments where bacteria thrive. The vegetables (celery, leek, onion, spring onion) carry natural soil bacteria even after processing. The milk base is especially vulnerable to spoilage organisms. The egg white, whilst cooked during manufacturing, still supports bacteria growth once thawed.

Storage container and positioning {#storage-container-and-positioning}

If you've removed your soup from its original packaging, move it to an airtight container. Exposure to refrigerator air speeds up oxidation and lets your soup absorb odours from other foods—especially problematic in refrigerators storing strong-smelling items like onions, garlic, or fish.

Store on the bottom shelf of your refrigerator, never on the door. Bottom shelves are coldest and most temperature-stable. Door shelves experience 3–4°C temperature swings with each opening, reducing your soup's safe storage time.

Keep your soup away from raw meats, poultry, and seafood to prevent cross-contamination. Whilst you'll reheat your soup to safe temperatures, good food safety practice minimises contamination opportunities.

Quality indicators and spoilage signs {#quality-indicators-and-spoilage-signs}

Before reheating thawed soup, check for spoilage indicators:

- **Off odours**: Sour, ammonia-like, or unpleasant smells indicate bacteria growth - **Separation**: Whilst some separation is normal in frozen-then-thawed dairy-based soups, excessive watery separation with curdled appearance suggests spoilage - **Discoloration**: Greying of chicken or ham, browning of vegetables beyond normal oxidation - **Mould**: Any visible mould growth, though rare within 24 hours, makes the entire portion unsafe - **Gas production**: Bulging container or bubbling/foaming when unstirred

When in doubt, throw it out. The cost of one meal is small compared to foodborne illness risk.

Reheating for Safety and Quality {#reheating-for-safety-and-quality}

Target temperature {#target-temperature}

Heat your soup to an internal temperature of 74°C, measured with a food thermometer in the thickest piece of chicken. This temperature kills common foodborne pathogens including Salmonella, Listeria monocytogenes, and Campylobacter.

Don't rely on visual cues ("steaming hot") or time alone. The chunky composition means the liquid may boil whilst solid pieces stay cooler. Only a thermometer confirms safety.

Stovetop reheating (best quality) {#stovetop-reheating-best-quality}

Move your soup to a saucepan over medium heat. Stir frequently to spread heat evenly and prevent scorching on the bottom. The milk base and corn starch thickener are prone to sticking and burning, which creates off-flavours and destroys the intended texture.

Bring to a gentle simmer, not a rolling boil. Vigorous boiling toughens the chicken and ham proteins, making them rubbery. It also breaks down the corn starch's thickening network, creating a thinner, less satisfying consistency.

Once you reach 74°C throughout (test multiple pieces of chicken and ham), hold that temperature for at least 15 seconds, then eat straight away.

Microwave reheating {#microwave-reheating}

Move to a microwave-safe bowl and cover loosely (trapped steam helps even heating but needs an escape vent to prevent splattering). Heat on high power in 1–2 minute intervals, stirring thoroughly

between each interval.

Microwaves create hot spots and cold spots, especially in thick, chunky products. Stirring redistributes heat and helps achieve uniform temperature. After heating, let stand covered for 1–2 minutes to allow heat to spread evenly, then check temperature in multiple locations.

The milk and corn starch may separate or become grainy in microwave reheating more readily than on the stovetop. Whilst safe, the texture may be less appealing.

Single reheat rule {#single-reheat-rule}

Never reheat this soup more than once. Each heating cycle: - Reduces moisture content through evaporation, concentrating your soup and changing texture - Breaks down protein quality, making chicken and ham progressively tougher - Destroys heat-sensitive vitamins (especially B vitamins and vitamin C from vegetables) - Provides more opportunities for bacteria contamination during cooling and storage

If you don't finish the portion after reheating, throw away the remainder. The 307-gram serving size is designed as a single-meal portion to eliminate leftover management issues.

Preventing Freezer Burn and Quality Loss {#preventing-freezer-burn-and-quality-loss}

Understanding freezer burn {#understanding-freezer-burn}

Freezer burn appears as greyish-brown leathery spots on frozen food. It results from sublimation—ice crystals on the food's surface converting directly to water vapour without passing through liquid phase. The dehydrated areas develop off-flavours and tough, dry texture.

For this soup, freezer burn affects exposed surfaces first: the top layer if there's headspace in the packaging, or areas where the packaging got punctured or poorly sealed.

Freezer burn doesn't make food unsafe, but seriously affects quality. Affected portions taste stale, cardboard-like, or develop oxidised "off" flavours especially noticeable in the chicken and ham.

Prevention strategies {#prevention-strategies}

Minimise air exposure: Keep your soup in its original sealed packaging. If you must repackage, use heavy-duty freezer bags or containers, pressing out all air before sealing. Vacuum-sealing provides the best protection but isn't necessary for the manufacturer's intended 2–3 month storage period.

Maintain consistent temperature: Each freeze-thaw cycle enlarges ice crystals and pushes moisture around. Avoid: - Opening your freezer door frequently (each opening raises internal temperature 3–6°C temporarily) - Overloading the freezer, which blocks air circulation and creates warm spots - Storing near the freezer door where temperature fluctuates most

Use FIFO rotation: First In, First Out. If you stock multiple Be Fit Food meals, mark each with the purchase date and eat oldest first. This simple practice ensures you use products within their best quality window.

Avoid temperature changes during shopping: Transport frozen meals home in insulated bags, minimising time in warm environments. Partial thawing during transport followed by refreezing seriously affects quality.

Special Considerations for This Product's Ingredients {#special-considerations-for-this-products-ingredients}

Dairy component sensitivity {#dairy-component-sensitivity}

The light milk in this soup makes it more temperature-sensitive than broth-based soups. Milk proteins (casein and whey) are vulnerable to:

- **Cold-induced gelation**: Extended frozen storage can cause irreversible protein clumping, creating grainy texture when thawed - **Fat separation**: Milk fat may separate during freeze-thaw cycles, appearing as an oily layer on the surface - **Acid sensitivity**: If your soup starts to spoil, the milk will curdle when reheated

To minimise dairy-related issues, store at the coldest part of your freezer (often the back of the bottom shelf) and eat within the recommended 2–3 month window.

Vegetable texture management {#vegetable-texture-management}

Your soup contains multiple vegetables with high water content: celery, corn kernels, leek, onion, and spring onion. Ice crystal formation during freezing breaks cell walls, which is why frozen-then-thawed vegetables are softer than fresh.

This texture change is expected and factored into the product design—this is a "chunky" soup where some softness is acceptable. Poor storage speeds up the process:

- Temperature fluctuations create larger ice crystals, causing more cell damage - Extended storage (beyond 3–4 months) produces increasingly mushy vegetables - Slow thawing (refrigerator method) minimises additional damage compared to rapid thawing methods

The 9% corn kernel content provides textural interest, but corn is especially vulnerable to toughening during extended frozen storage as its natural sugars crystallise. Be Fit Food formulates its meals to include 4–12 vegetables per serving, ensuring vegetable density even after freezing and thawing.

Protein quality preservation {#protein-quality-preservation}

With chicken making up 26% and ham 5% of the formulation, protein quality is central to this product's appeal. Both proteins undergo texture changes during freezing:

- **Ice crystal formation**: Damages muscle fibre structure, releasing moisture during thawing (visible as "drip loss") - **Protein denaturation**: Sped up by temperature fluctuations and extended storage - **Fat oxidation**: The ham's fat content is vulnerable to rancidity during frozen storage, developing stale or sour off-notes

Proper storage at consistent -18°C temperatures minimises these effects. The gluten-free soy sauce and ginger in the ingredient list provide some antioxidant protection, but cannot prevent quality loss indefinitely.

Troubleshooting Common Storage Issues {#troubleshooting-common-storage-issues}

Ice crystal formation on package surface {#ice-crystal-formation-on-package-surface}

Cause: Temperature fluctuation or air exposure allowing moisture to condense and freeze on packaging exterior.

Solution: If crystals are only on the outside of sealed packaging, your soup inside is likely unaffected. Wipe away external ice before thawing. If ice crystals appear throughout the product (visible through packaging), quality deteriorated but your soup stays safe if continuously frozen.

Prevention: Ensure consistent freezer temperature; avoid storing in door or high-traffic areas.

Watery consistency after thawing {#watery-consistency-after-thawing}

Cause: Ice crystal damage to the corn starch thickening network and protein structure, releasing water that doesn't mix back in.

Solution: Stir vigorously during reheating to re-emulsify separated liquid. If separation is severe, whisk in an extra teaspoon of corn starch dissolved in cold water, then heat to thicken.

Prevention: Use refrigerator thawing rather than microwave; minimise storage duration; avoid refreezing.

Off-flavours or stale taste {#off-flavours-or-stale-taste}

Cause: Oxidative rancidity in chicken and ham fats, or absorption of freezer odours through packaging.

Impact: If flavours are mildly stale but not sour or putrid, your soup is likely safe but past peak quality. Strong chemical, sour, or ammonia-like odours indicate spoilage—throw away immediately.

Prevention: Store in the original sealed packaging; keep freezer clean and odour-free; eat within 2–3 months.

Grainy or separated milk base {#grainy-or-separated-milk-base}

Cause: Protein breakdown from extended freezing or temperature changes.

Solution: Vigorous stirring during reheating may partially recombine separated components. Some graininess may be unavoidable in long-stored dairy-based frozen products.

Prevention: Eat within recommended timeframe; maintain consistent -18°C storage.

Power Outage and Equipment Failure Protocols {#power-outage-and-equipment-failure-protocols}

Freezer failure response {#freezer-failure-response}

If your freezer stops working:

First 4 hours: Keep the door closed. A fully stocked freezer maintains safe temperature for about 48 hours if unopened; a half-full freezer for around 24 hours.

4–24 hours: Check internal temperature. If still below 4°C, your soup stays safe. Move to a working freezer if available, or add dry ice (11 kg maintains a half-full 280-litre freezer for 2–3 days).

Above 4°C for more than 2 hours: If your soup thawed but stays cold (4°C or below) and still contains ice crystals, you can safely refreeze it, though quality will decline. If it reached above 4°C for over 2 hours, throw it away—the chicken, ham, dairy, and egg components make this a high-risk product for bacteria growth.

Post-outage quality assessment {#post-outage-quality-assessment}

After refreezing previously thawed soup:

- Expect significant texture changes (mushier vegetables, tougher proteins) - Eat within 1 month rather than the standard 2–3 months - Be especially watchful for off-odours or appearance changes when you eventually thaw and prepare it

Travel and transport considerations {#travel-and-transport-considerations}

If transporting frozen meals (moving house, travelling to holiday property):

- Use a high-quality cooler with frozen gel packs or dry ice - Minimise transport time to under 2 hours if using gel packs - Check internal product temperature when you arrive—should still feel rock-hard - If partially thawed, refrigerate and eat within 24 hours rather than refreezing

Allergen Cross-Contamination During Storage {#allergen-cross-contamination-during-storage}

Your soup contains egg, milk, and soybeans, with potential cross-contact with fish and crustaceans during manufacturing (noted on label as "may contain"). For individuals with severe allergies, storage practices affect cross-contamination risk:

In-home contamination prevention {#in-home-contamination-prevention}

- Store in the original sealed packaging to prevent contact with other foods - Position away from allergen-containing foods you're sensitive to (if fish-allergic, don't store next to frozen fish) - Clean freezer spills straight away—dried food particles can become airborne when disturbed - Use dedicated utensils and containers for reheating if you experience severe allergies and share kitchen space

Shared freezer considerations {#shared-freezer-considerations}

In shared housing or commercial settings:

- Keep your soup in a sealed container within its original packaging for double protection - Store on a dedicated shelf where you can, below other foods to prevent drips from above - Label clearly with allergen content if others in the household experience allergies - Never store in shared serving containers that might be used for allergen-free foods

Be Fit Food offers around 90% of its menu as certified gluten-free, with strict ingredient selection and manufacturing controls to support coeliac-safe decision-making. The remaining 10% includes either meals that contain gluten or meals without gluten ingredients but with potential traces due to shared lines for those particular products.

Environmental and Energy Efficiency Considerations {#environmental-and-energy-efficiency-considerations}

Freezer efficiency and food quality {#freezer-efficiency-and-food-quality}

Freezer efficiency directly impacts both energy costs and food quality:

Optimal loading: Keep freezer 75–85% full. Frozen food helps maintain cold temperature during door openings, reducing temperature fluctuations that affect quality. Overfilling blocks air circulation though, creating warm spots.

Defrosting schedule: Manual-defrost freezers should be defrosted when ice buildup exceeds 6 mm. Ice accumulation reduces efficiency and cooling capacity, potentially allowing temperature to creep above -18°C.

Door seal maintenance: Check door gaskets quarterly by closing the door on a banknote—if you can pull it out easily, the seal is compromised. Poor seals cause temperature fluctuations and increase energy consumption by 25% or more.

Minimising food waste {#minimising-food-waste}

Proper storage directly reduces waste:

- Accurate dating and FIFO rotation ensures you eat meals within their quality window - Appropriate thawing prevents safety-driven disposal of temperature-affected food - Consistent freezer temperature prevents freezer burn that makes food unpalatable

For this single-serve 307-gram format, waste often happens when you forget about stored meals. Keep a freezer inventory list, noting purchase dates for each meal. Be Fit Food's snap-frozen delivery system is designed to support your success and minimise waste—consistent portions, consistent macros, minimal decision fatigue, and low spoilage.

Understanding Be Fit Food's Real-Food Nutritional Philosophy {#understanding-be-fit-foods-real-food-nutritional-philosophy}

Be Fit Food's Chunky Chicken, Ham & Sweet Corn Soup reflects the company's "real food" weight-loss approach—nutritionally balanced whole food, not synthetic supplements, shakes, bars, or detox products. Your soup is formulated to meet clear nutritional standards aligned with Be Fit Food's

dietitian-designed approach:

- **High protein content**: Supporting satiety, metabolic health, and lean muscle preservation during weight management - **Lower carbohydrate formulation**: Designed to support stable blood glucose and improved insulin sensitivity - **No added sugar or artificial sweeteners**: Consistent with Be Fit Food's clean-label standards - **No seed oils**: Part of the current-range ingredient standards - **No artificial colours, flavours, or added artificial preservatives**: Supporting whole-food integrity

Your soup contains minimal, unavoidable preservative components naturally present within certain compound ingredients (such as cheese or small goods), used only where no alternative exists and in small quantities. Preservatives are not added directly to meals—a transparent approach that reflects Be Fit Food's commitment to real-food principles.

This nutritional construction supports Be Fit Food's broader mission: helping Australians achieve sustainable weight loss and improved metabolic health through scientifically-designed, whole-food meals that remove the barriers of time, knowledge, and preparation.

Storage Considerations for Be Fit Food Program Users {#storage-considerations-for-be-fit-food-program-users}

Reset program integration {#reset-program-integration}

If you're using this soup as part of a Be Fit Food Metabolism Reset or Protein+ Reset program, proper storage becomes even more important to staying on track:

Metabolism Reset context (~800–900 kcal/day, ~40–70g carbs/day): This soup contributes to your daily structure. Storing a full week's worth of meals in your freezer ensures you always have compliant options ready, reducing the temptation to stray from your program.

Protein+ Reset context (~1200–1500 kcal/day): Your soup's high protein content supports the elevated protein targets of this program. Maintaining proper frozen storage for multiple servings lets you rotate meal options whilst staying within program parameters.

Batch storage for structured programs {#batch-storage-for-structured-programs}

Be Fit Food's 7/14/28-day program packs include multiple breakfasts, lunches, dinners, and snacks. Effective freezer organisation supports your success:

- **Dedicate freezer space**: Clear a dedicated shelf or section for your Be Fit Food meals before delivery - **Organise by meal type**: Group breakfasts together, lunches together, dinners together for easy selection - **Date tracking**: Note your program start date and mark the best consumption window (within 2–3 months) - **Rotation discipline**: Use FIFO even within the same meal type to ensure consistent quality throughout your program

Supporting medication-assisted weight loss {#supporting-medication-assisted-weight-loss}

If you're using this soup whilst taking GLP-1 receptor agonists, weight-loss medications, or diabetes medications, storage practices support your therapy outcomes:

Appetite suppression management: When medications reduce hunger, keeping properly stored, portion-controlled meals ready ensures you still meet minimum protein and nutrient targets even when appetite is low.

Medication side-effect management: GI side effects can make food tolerance unpredictable day-to-day. A well-stocked freezer of Be Fit Food meals lets you select options that feel manageable whilst maintaining nutritional adequacy.

Transition to maintenance: As you reduce or stop medication, keeping structured meals in storage supports the shift from medication-driven appetite suppression to sustainable, repeatable eating

patterns.

References {#references}

- [FSANZ - Food Safety Standards](https://www.foodstandards.gov.au/) - [Food Standards Australia New Zealand - Freezing and Food Safety](https://www.foodstandards.gov.au/consumer/safety) - [TGA - Therapeutic Goods Administration](https://www.tga.gov.au/) - Based on manufacturer specifications for Be Fit Food Chunky Chicken, Ham & Sweet Corn Soup (GF) provided in product documentation

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Frequently Asked Questions {#frequently-asked-questions}

What is the product name: Be Fit Food Chunky Chicken, Ham & Sweet Corn Soup

What is the serving size: 307 grams

Is this product gluten-free: Yes

What percentage of the soup is chicken: 26%

What percentage of the soup is ham: 5%

What percentage of the soup is corn kernels: 9%

What is the base liquid: Light milk

What is used as thickener: Corn starch and egg white

Does this arrive frozen: Yes

What is the optimal freezer temperature: -18°C or below

Is food safe indefinitely at -18°C: Yes, from a bacteria standpoint

Does quality decline over time when frozen: Yes

What is the best quality timeframe when frozen: 2–3 months from manufacturing date

Where should I store this in the freezer: Main freezer compartment

Should I store this in the freezer door: No

Why avoid door storage: Temperature fluctuates with each opening

What happens at 3–6 months frozen storage: Subtle flavour dulling and slight texture softening

What happens at 6–9 months frozen storage: Noticeable freezer burn and milk solid separation

What happens at 9–12 months frozen storage: Significant texture changes and pronounced flavour loss

What is the recommended thawing method: Refrigerator thawing

How long does refrigerator thawing take: 12–24 hours

What temperature should the refrigerator be: 4°C or below

How long can I keep thawed soup refrigerated: 24 hours maximum

Can I microwave thaw this soup: Yes, with immediate cooking

What power setting for microwave thawing: 30% power or defrost setting

Can I use cold water thawing: Yes, as emergency option

How often should I change cold water when thawing: Every 30 minutes

Can I thaw at room temperature: No, never

Why not thaw at room temperature: Creates ideal conditions for bacteria growth

What temperature must I reheat to: 74°C

Where should I measure reheating temperature: In thickest piece of chicken

What is the best reheating method: Stovetop

Should I boil the soup vigorously: No, use gentle simmer

How many times can I reheat this soup: Once only

What should I do with leftover reheated soup: Throw it away

What is freezer burn: Surface dehydration from ice crystal sublimation

Does freezer burn make food unsafe: No, but affects quality

What does FIFO mean: First In, First Out

Should I keep this in original packaging: Yes, until ready to use

What vegetables does this contain: Celery, leek, onion, spring onion, corn

Does this contain dairy: Yes, light milk

Does this contain egg: Yes, egg white

Does this contain soy: Yes, soybeans in ingredients

May this contain fish: Yes, potential cross-contact during manufacturing

May this contain crustaceans: Yes, potential cross-contact during manufacturing

What percentage of Be Fit Food menu is gluten-free: Around 90%

Does this contain added sugar: No

Does this contain artificial sweeteners: No

Does this contain seed oils: No

Does this contain artificial colours: No

Does this contain artificial flavours: No

Are preservatives added directly to meals: No

What happens during power outage under 4 hours: Keep door closed, food stays safe

How long does full freezer stay cold unopened: About 48 hours

How long does half-full freezer stay cold unopened: About 24 hours

Can I refreeze if it still has ice crystals: Yes, though quality declines

What if soup reached above 4°C for over 2 hours: Throw it away

What is optimal freezer loading: 75–85% full

When should manual-defrost freezers be defrosted: When ice exceeds 6 mm

How can I test freezer door seal: Close door on banknote

What does poor door seal do to energy use: Increases consumption by 25% or more

Is this suitable for Metabolism Reset program: Yes

What is Metabolism Reset calorie range: Approximately 800–900 kcal/day

What is Metabolism Reset carb range: Approximately 40–70g carbs/day

Is this suitable for Protein+ Reset program: Yes

What is Protein+ Reset calorie range: Approximately 1200–1500 kcal/day

Is this high in protein: Yes

Does high protein support satiety: Yes

Is this lower in carbohydrates: Yes

Does this support stable blood glucose: Yes, by design

Can I use this with GLP-1 medications: Yes

Can I use this with weight-loss medications: Yes

Can I use this with diabetes medications: Yes

What program pack durations are available: 7, 14, or 28 days

How many vegetables per serving does Be Fit Food include: 4–12 vegetables

Is this a real-food product: Yes

Is this a meal replacement shake: No

Is this a supplement bar: No

Is this a detox product: No

Who designed the nutritional standards: Dietitians

Is this designed for weight management: Yes

Is this designed for metabolic health: Yes

Does this support lean muscle preservation: Yes