

FOOD STORAGE TIPS FOR YOUR REFRIGERATOR KEEP IT FULL, CLEAN AND COLD!

- Read the Use and Care Manual that came with your refrigerator. It will contain helpful performance and safety tips to keep foods fresher longer, and free of harmful bacteria.
- Fill your refrigerator and freezer, but do not overload. A full Refrigerator (and Freezer) stays colder longer than a partially filled one. Overloading your refrigerator or freezer, however, may prevent adequate airflow.
- Make use of special storage compartments where humidity and temperature can be controlled. Fruits and vegetables can be stored longer in these compartments. Beware that some vegetables, like mushrooms, are better preserved in less humid conditions.
- Wrap odorous foods such as onions to avoid smells from mixing with other foods. Separately wrap meats and poultry to avoid spillage of juices.
- Keep your refrigerator clean to avoid cross-contamination from spilled or spoiled foods. Clean and disinfect the shelves where food is stored regularly to prevent odors and bacteria from building. Also keep surrounding food preparation areas clean by regularly cleaning and disinfecting.
- Cold temperatures, below 40° F keep most harmful bacteria from rapidly growing and multiplying. To check your refrigerator temperature, simply place an appliance thermometer in a glass of water in the middle of your refrigerator; let the thermometer sit in the water overnight and check the temperature in the morning, after at least an 8 hour period. To check the temperature of your freezer compartment (which should be set to about 0° F, insert the thermometer in a glass of oil, and follow the same instructions for reading the temperature. If the temperature reading is too high or low, adjust the temperature setting in the unit. Check the temperature again using the same procedure.

Visit www.FDA.gov for more information on proper food storage, and recommended length of storage for specific food items. You can also check the web site or call the customer relations department of the manufacturer of your refrigerator for specific tips for the proper use and maintenance of your appliance.