



Refrigeration & Food Safety

Refrigerator Facts

- Slows bacterial growth, which exists everywhere and grows rapidly when they have food, moisture and warm temperatures
- Should be set to maintain a temperature of 40 degrees or below, which will protect most foods
- Need an appliance thermometer inside the refrigerator to verify the temperature

Types of Bacteria

- Pathogenic - grows rapidly in danger zone (between 40 and 140 degrees); cannot smell, taste or see; affects food safety
- Spoilage - can grow at low temperatures and will affect the quality, not the safety

Food Placement

- Raw meat products should be in a sealed container or wrapped securely
- Don't store perishable foods in the door because the temperature fluctuates more
- Keep fruits and vegetables separate so they last

Cleaning the Refrigerator

- Wipe up spills immediately and clean all surfaces with hot, soapy water and then rinse.
- Follow all manufacturer's instructions.
- Clean the exterior with a soft cloth and mild liquid dishwashing detergent



When In Doubt, Throw It Out!!

- At least once a week, go through your food and throw out what is old
- Store cooked leftovers for no more than 4 days

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More information found at
<http://www.fsis.usda.gov>