



# FRIDGE FOOD STORAGE FACTSHEET

Cold temperatures in your fridge help slow down the growth of most harmful bacteria.

Set your fridge temperature to 4°C or below to reduce the risk of foodborne illness.

The freezer temperature should be set to -18°C.

Use a fridge thermometer to check if the temperature of your fridge is running at the right temperature.

## How to Cool Food

1. Refrigerate perishable foods: meat, poultry, dairy, eggs, and seafood immediately after shopping.
2. Refrigerate these foods within two hours of cooking.
3. Always thaw food in the fridge.
4. It is safe to thaw food under cold running water to break ice crystals, or in the microwave. Make sure you cook these foods immediately.
5. Place leftovers into shallow based containers for quick cooling. Use within 2-3 days.

## Quick Tips

- Leave room for air to circulate inside your fridge – this improves efficiency and saves you money.
- Use a First In First Out approach to storage.
- Keep condiments and sauces in the door.
- Keep fridge opening times to a minimum.
- Take care not to block the cold air outlets of freezer.