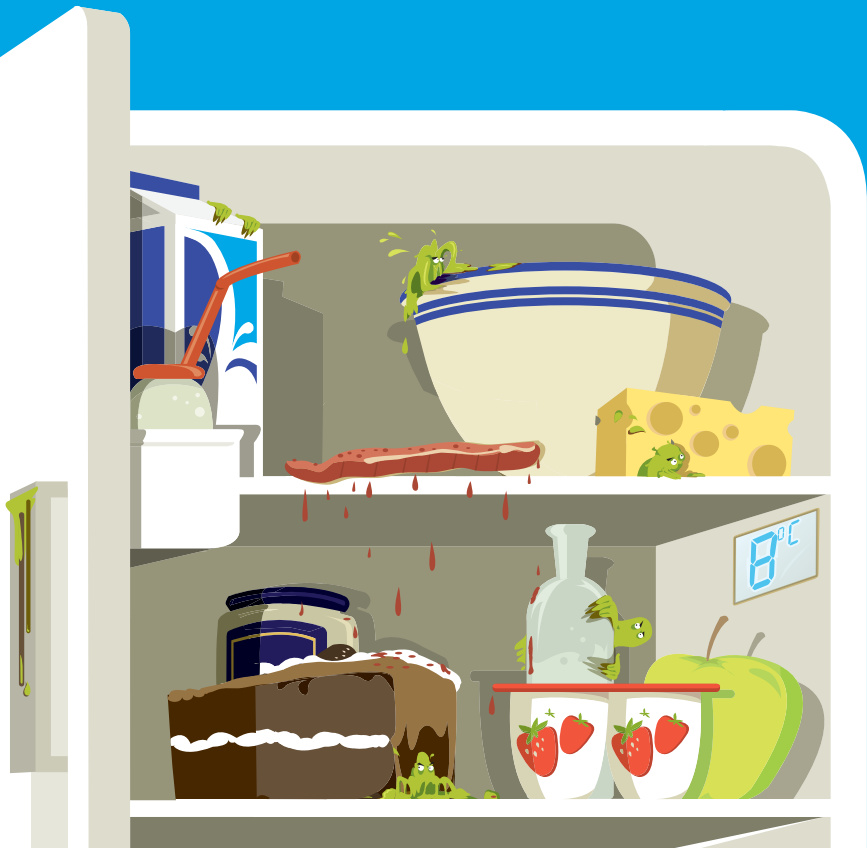


This frightful fridge below shows some of the common mistakes people make in their fridges. It breaks all the rules when it comes to where different foods should be stored.

There are some cool rules on the next page for making sure your fridge is a safe place to keep food.

Before you have a look, test yourself. Can you spot the deliberate mistakes in this fridge? *Answers are provided over the page.*



TEMPERATURE: SOME COOL RULES

Keeping food correctly chilled in the fridge slows down the growth of bacteria. At temperatures between 5°C and 63°C ('the danger zone'), bacteria on food can grow to a point where they can make you ill. Here are some cool rules to keep foods safe.

- Keep the fridge at 5°C or below.
- Place a mercury-free fridge thermometer on the bottom shelf above the salad drawer, and check the temperature once a week, ideally first thing in the morning.
- The numbers on the fridge thermostat dial do not necessarily show the temperature reading, so check the user handbook and use a thermometer to check the temperature.
- Keep the fridge door closed tightly, as the temperature will rise if the door is left open.
- Don't overpack the fridge, as this can stop cool air from circulating freely and the fridge may not keep the foods properly chilled.
- Don't put hot food in the fridge as this can raise the fridge temperature.

STORAGE

It is very important to prevent germs from raw foods spreading to ready-to-eat foods.

- Store ready-to-eat foods such as cheese, yoghurt, cooked meats and leftovers on the middle and top shelves.
- Put raw meat, fish and poultry in sealed containers on the bottom shelf so they don't touch each other or drip onto other foods.
- Store leftovers in the fridge within two hours of cooking and eat them within three days.
- Don't eat food after its 'use by' date because it might not be safe.

THE MEANING OF CLEANING

- Clean the fridge regularly, especially the fridge handle, shelves and storage compartments.
- Wash all surfaces thoroughly with warm, soapy water, then rinse them clean.
- Dry surfaces thoroughly with a clean towel or kitchen roll.
- Wipe up spills straightaway.
- Never use cleaning products that may leave a taste in food or damage the fridge.
- At least once a week, check for foods that have passed the 'use by' date, and throw them out.



Answers Mistakes in the fridge

1. 8°C is too warm, the temperature should be 5°C or under.
2. Raw meat should be covered and stored on the bottom shelf to avoid juices dripping on other foods.
3. The fridge is full of germs and needs to be cleaned using the instructions provided in this leaflet.
4. Food should be covered and stored in sealed containers.
5. Ready-to-eat fruit and vegetables should be stored in sealed containers or sealed bags and put in the salad drawer or on the top shelf.

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