

# Refrigeration Tips

## keep it cool, keep it safe

Keeping food cold is important in maintaining its safety, and ensuring food stays fresh. Follow these tips to protect yourself and your friends and family from foodborne illness.



# 01

### Check the Temperature: 5C or Below

It's important to check the temperature of your refrigerator to know it is working properly. Food in your fridge should always be 5C or below.

Some fridges have a digital temperature gauge, some have a dial. A clean digital probe thermometer is a great way to check that food in storage is below 5C. Put the thermometer into the centre of the food to check.

### Check Storage Instructions

Foods will often have storage instructions on their packaging. Always follow these directions, to ensure the food is safe to consume and lasts longer.

Examples of storage instructions include:

*'keep refrigerated between 1C - 5C'*

*'once opened, keep refrigerated and consume within 5 days.'*

# 02



### Don't Put Hot Food Straight in the Fridge

Placing hot food straight into the fridge can increase the temperature of the whole fridge, compromising all of your food.

When saving left-overs, leave them to cool in small batches for a short period of time, less than 2 hours, until they reach room temperature before placing food into a sealed container in the fridge.



# 03

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