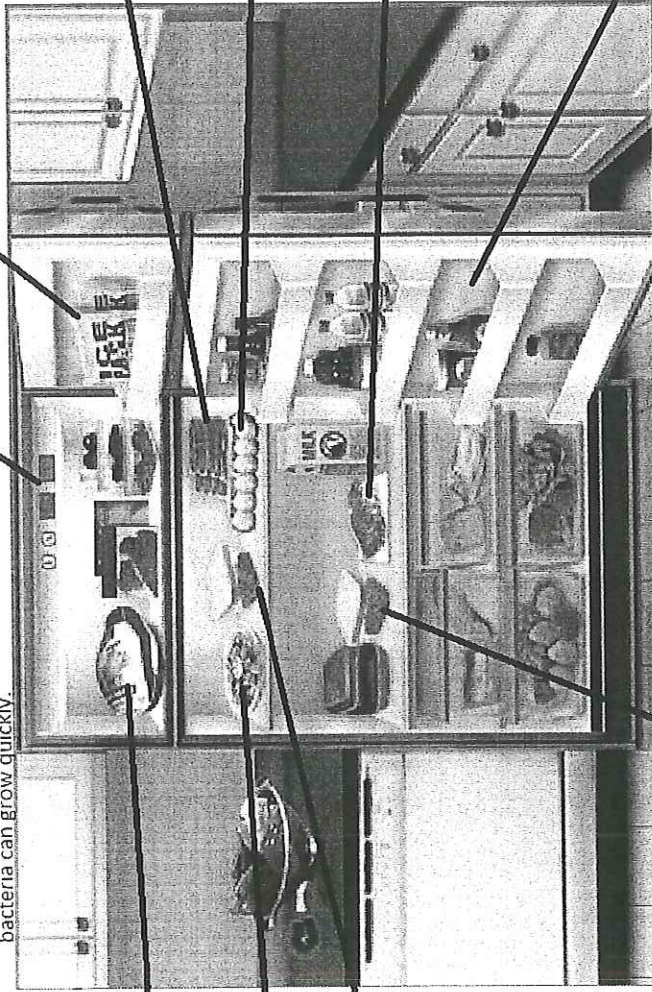


Safe Food Handling in your Fridge

Make sure your refrigerator is set to 4°C (40°F) or lower and your freezer at -18°C (0°F) or lower. This will keep your food out of the temperature danger zone, (between to 4°C (40°F) to 60°C (140°F)), where bacteria can grow quickly.

Use ice packs or frozen drinking boxes to keep lunches cool.



Defrost your raw meat, poultry, fish or seafood in the refrigerator, in a microwave or immersed in cold water. Don't refreeze thawed food!

Store cut fruits and vegetables in the refrigerator.

You can cool leftovers quickly by placing them in shallow containers. Refrigerate as soon as possible or within two hours.

Never eat hot dogs straight from the package. Hot dogs must be thoroughly cooked to a safe internal temperature. The middle of the hot dog should be steaming hot or 74°C (165°F).

Always store eggs in their original carton.

Place raw meat, poultry, fish and seafood on the bottom shelf of your refrigerator so raw juices won't drip onto other food.

Don't pack your refrigerator with food -- cold air must circulate to keep food safe. Check the temperature in your refrigerator using a thermometer.

Marinate meat in the refrigerator, not on the counter. Do not use leftover marinade from the raw food on the cooked food.