

Health Tip of the Month

Food Safety Starts in the Fridge!

Does danger lurk behind the door of your fridge?

The refrigerator helps keep food fresher for longer. But bacteria will grow even in a cold refrigerator.

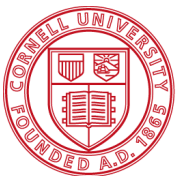
Clean your refrigerator once a week and take simple steps to make sure your fridge is food safe.

Protect your family from foodborne illness with these helpful tips!



Keep a thermometer inside to be sure temperature is 40°F or below

- Throw out uneaten or moldy leftovers after 3-5 days
- Check expiration dates often
- Clean shelves with vinegar or a mild detergent
- Store condiments in the door where temperatures are warmer
- Store milk and eggs inside where temperatures are coolest
- Separate raw meats from other foods, and store meats in shallow containers on the bottom shelf to prevent dripping



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More Health Tips? visit <http://nyc.cce.cornell.edu>