



Fridge Facts

It's a good idea to keep a thermometer in your fridge to make sure the temperature is low enough for food safety. Keep the temperature at 40 degrees or below, but not below 32 degrees, or food will freeze. Always defrost frozen food in the refrigerator and not at room temperature.

It's best to cover food in your refrigerator. The air inside your fridge is extremely dry and food will quickly dry out and lose quality. Leafy greens should be stored in plastic bags in the fridge.

Foods that need refrigeration should be placed in the refrigerator within 2 hours after a meal to help prevent bacteria growth. Any leftover take-out or delivered food should be placed in the fridge as soon as you're done eating. Cover tightly, label with the date purchased and eat within 1 to 2 days.

Don't be afraid to put hot foods in the refrigerator. This appliance is made to cool foods quickly. But if you have a large casserole or dish that needs to be chilled, separate the food into smaller, shallow containers for faster cooling. Don't overload your refrigerator—there should be enough space between foods that air can freely circulate around them.



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And lastly, don't forget to clean inside your fridge!
Once every 3 weeks or so, remove everything and wipe down all the interior surfaces with a baking soda solution. This is also a good time to toss any food that is spoiled or unidentifiable! Happy cleaning!

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For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

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