



December Tip of the Month:

All Things Refrigeration: Learn About Refrigeration and Food Safety Before the Year Ends

AmeriCold provides the newest innovations in refrigeration equipment and our expert technicians recommend valuable solutions that ensure food safety and quality, every time. If you have any issues regarding food safety and food preservation AmeriCold's many services can offer you the help you need.

Information for these tips has been provided by the FSIS.

● Bacteria Growth

- Refrigeration is extremely important because it slows bacteria growth. There are two types of bacteria. The first causes foodborne illnesses while the second causes food spoilage. A refrigerator set at 40 degrees Fahrenheit or below will protect most foods.

● Temperature

- The temperature of your refrigerator should always be monitored to prevent unnecessary food spoilage and ensure food safety. Maintaining a temperature of 40 degrees Fahrenheit or below is optimal and ensuring that all doors or your refrigerator are tightly closed is extremely important.

● **Safe Handling and Placement of Foods**

- Before placing food in your refrigerator they must be covered to retain moisture and prevent them from picking up odors from other foods. Securely wrapping or placing your food in a sealed container is also important because it prevents raw juices from items such as seafood, meat and poultry from contaminating other foods.
- Sealed crisper draws are beneficial for fruits and vegetables.

● **Cleanliness**

- Keeping your refrigerator clean is one of the most important tips we can recommend to ensure food safety. Spills should be wiped up immediately, with hot soapy water. Once a week, it is beneficial to throw out perishable foods that are no longer suited for consumption.
- An open box of baking soda can be placed on a shelf to keep your refrigerator smelling fresh and help eliminate odors.