# Food Storage and Temperature Control

This playbook describes the necessary steps for proper food storage and temperature control to mitigate the risk of bacterial growth, ensuring food safety.

### Step 1: Identify Zones

Identify different storage zones in your refrigerator and pantry for various types of food such as produce, dairy, meat, and dry goods.

### Step 2: Temperature Setting

Set your refrigerator temperature between 32°F to 40°F (0°C to 4°C) and your freezer temperature at 0°F (-18°C) or below.

### Step 3: Segregate Foods

Store raw meat, poultry, and seafood separately from ready-to-eat foods to prevent cross-contamination.

### Step 4: Use Containers

Use airtight containers or sealed bags to store food to maintain quality and prevent contamination.

### Step 5: Label and Date

Label food items with names and dates to keep track of their freshness and to use them within their safe consumption periods.

### Step 6: Regular Checks

Regularly check the temperatures of your refrigerator and freezer with an appliance thermometer to ensure they are at the correct settings.

### Step 7: Inspect and Rotate

Inspect food items frequently, discard any that show signs of spoilage, and rotate stock by using older items before new ones.

## General Notes

### Safe Thawing

Always thaw frozen food in the refrigerator, cold water, or the microwave, never at room temperature.

### Cleaning Routine

Maintain a regular cleaning schedule for your food storage areas to avoid the buildup of bacteria and potential contamination.