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.