

How to Use Refrigerator Correctly

Refrigerator is immeasurably helpful in keeping food fresh. However, if it is not used in a correct manner, or if it is not cleaned and disinfected at regular intervals, the food kept inside is susceptible to spoilage by contamination. We can take following notes to keep a refrigerator neat and tidy. Please remember to clean and disinfect it regularly to prevent cross-contamination and microbial growth in food.



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Points to note when using the refrigerator

Pay Attention to Storage Temperatures



Make sure a refrigerator is maintained at **below 5°C** and a freezer at **-18°C or lower**. Check the temperatures at regular intervals;



Allow warm leftovers cooling to room temperature before placing them in a refrigerator. Leftovers should be put into the fridge **within two hours** after cooked;



Food taken out of refrigerator should be thoroughly cooked or reheated until its internal temperature reaches **75°C or higher** before eating;



Do not open a refrigerator frequently. As necessary, only open the door for a short time to avoid the temperature rise inside the fridge;



The amount of food kept in a refrigerator should be limited to **80%** of the storage capacity to prevent from hindering the cold air circulation.

Notice on Food Storage



Food stored in a refrigerator must be separately wrapped or kept in appropriate covered containers, depending on its properties. Label it with the date of storage and adopt the **'First-In, First-Out'** principle of food storage to make sure the foods being used or consumed before their expiry dates and avoiding cross-contamination;



Always place **'Raw Food Below Cooked Food'**. Store ready-to-eat food and cooked food on the upper shelves and raw food on the lower shelves;



Opened canned food should be stored in a **non-metallic** and lidded container before putting into a refrigerator;



Non-perishable foods, such as soft drinks and beverages, can be kept on the **door shelves of refrigerator**;



Do not keep food in refrigerator for long periods of time, especially leftovers, **which should be consumed as soon as possible**;



Unopened food products (e.g. canned food) and unripe fruits **do not require** refrigeration.

Clean and Disinfect at Regular Intervals



Clean and disinfect refrigerator regularly to keep it tidy and clean (**1:99 dilution of household bleach with water can be used**);



Remove all food items from refrigerator before cleaning, and **check** their expiry dates and qualities;



Take out all removable shelves for **washing**. Wipe away the debris and stains on the inside of refrigerator with a damp cloth, then subsequently disinfect the refrigerator with diluted household bleach;



Cleaning and disinfection should all be done **within two hours** to avoid the food removed from refrigerator leaving at room temperature for too long.