

Second Harvest Food Bank of Orange County Refrigerator and Freezer Safety Chart

Month/Year _____

REFRIGERATORS

From 33°F to 40°F is best; from 35°F to 38°F is acceptable.

Above 40°F foods start to spoil rapidly.

| | Day of the Month | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------|------------------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|
| Temp | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
| 45° or above | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 44° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 43° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 42° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 41° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 40° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 39° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 38° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 37° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 36° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 35° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 34° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 33° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 32° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 31° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 30° or below | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

FREEZER

From 4°F to 3°F is best; from 5°F to 0°F is acceptable.

Above 5°F foods will begin to thaw and ice cream will melt.

| | Day of the Month | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------|------------------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|
| Temp | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
| 10° or above | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1° | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0° or below | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Additional Notes:

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| <ul style="list-style-type: none"> ▪Initial the appropriate box for Day and Temperature. ▪Check temperature with a refrigerator or outdoor thermometer. ▪Clean refrigerator regularly to cut down food odors. ▪Avoid over packing refrigerator. | <ul style="list-style-type: none"> ▪Temperature check should be conducted after refrigerator has been closed for 1 hour. ▪Use food quickly - don't depend on maximum storage time. ▪Remove spoiled foods immediately so that decay can't be passed to other foods. ▪If over packing is necessary, use items from each area of the refrigerator to allow air circulation. |
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