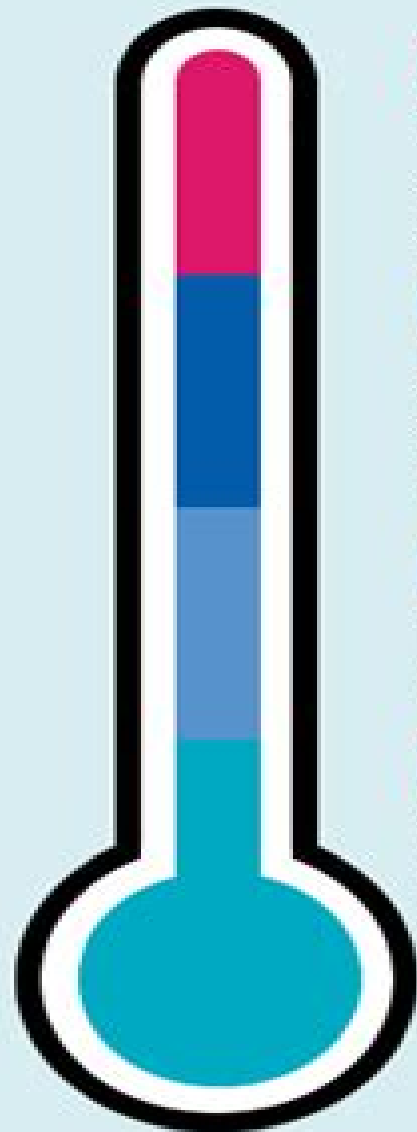


Refrigerator Temperature Guide



Above 8°C

The Food Standards Agency (FSA) states that the food danger zone is between 8-60°C. This means bacteria is able to rapidly grow and multiply.

5-8°C

A temperature of 5-8°C is not ideal. Although less than the food danger zone, temperatures can fluctuate. Keeping it lower ensures food safety and freshness.

0-5°C

This is the ideal fridge temperature. Any higher and your food will spoil quicker. Any lower and it will freeze.

Below 0°C

When kept below 0°C, your food will begin to freeze. This is too cold! Keep food you want frozen in the freezer.

Fridge Temperature Guide

Trevor Fry



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