Your fridge

5°C or colder

check it with a fridge thermometer

1. Top shelves: ready-to-eat food and leftovers
2. Bottom shelf: raw meat and fish, covered
3. Drawers: fruit and vegetables
4. Door: drinks and sauces (it’s the warmest part)
5. Don’t pack it too full. Cold air needs to move.

Why? Cold slows germs down. In a warm fridge they multiply fast.