

The dangers of storing refrigerated food in the wrong way

There are quite a few families who pay attention to preserving food in the refrigerator properly, but often put all food from cooked to fresh food into the refrigerator. However, the preservation of any food in the refrigerator has the same principles and uses, to ensure the quality and safety of the family.

To preserve fresh or processed foods, refrigerators are necessary for every family. However, many families are abusing refrigerators to preserve food, when not leaving fresh compartments with prepared compartments, or leaving food in the refrigerator for too long. These habits can be encountered in any family and pose a potential health hazard that we can hardly anticipate. In this article, we will give some notes when using a refrigerator to preserve food.

1. Choose foods that should be refrigerated:

Most families now put all their food in the refrigerator, because we often think that fridges can ensure fresher quality of food. But that's completely wrong, because there are quite a number of foods that should be placed in a refrigerator that should not be refrigerated, including oil, coffee, tomatoes, onions, potatoes, bananas, honey, garlic, melons. , butter, bread, basil.



2. Correct the refrigerator temperature:

Normally when we buy a refrigerator, the temperature is set by the staff by default. However, it may be in the process of using you accidentally adjust the temperature and thereby lead to the wrong temperature.



Depending on the food compartment, we will adjust different temperature levels. According to experts, the standard temperature to limit the growth of bacteria in the refrigerator below 4.5 degrees C in the normal compartment and below -16 degrees C in the freezer. If the temperature is higher than this, the bacteria will be very prolific, leading to many diseases, even cancer.

To better understand the temperature for each compartment, readers can refer to the article [How to regulate refrigerator temperature is reasonable?](#)

3. Divide the cooked and raw food:

This is something to do before we classify food and store it in the refrigerator. Fresh food when purchased in the market will not be guaranteed hygiene. If you have rushed into the cabinet immediately and mixed with other cooked, or fresh foods, the bacteria will spread quickly.

Best after buying, we need to wash through fresh food, put in boxes or other clean bags and put them in the refrigerator. Or with vegetables, fruits and vegetables, you can leave them outside for a few minutes before putting them in the fridge.



4. Schedule regular refrigerator cleaning:

How long have you not cleaned the refrigerator in the family? 1 month? Months? Or a few years?

The habit of not cleaning the refrigerator for months or even years is what many families have. A refrigerator is where we store food, but it is also home to a variety of bacteria, if we don't regularly clean it. Plan a month to clean the bathroom thoroughly to get rid of the amount of bacteria in the cabinet.

Read more about how to clean the refrigerator properly? to know how to clean the refrigerator.



5. Cover the entire food in the refrigerator:

It is a very dangerous habit to not cover the food through processing and not to put it in bags with fresh food. The bacteria will quickly enter food, degrade food even if we do it again after taking it out from the refrigerator. Besides, uncovering food also causes bad smell for refrigerator. Use a lid or film to store food in a better quality cabinet.



Above are 5 notes when we store food in the refrigerator. Each of your daily routines can lead to unpredictable harms when using a refrigerator, such as degrading food, creating more bacteria or creating odors for the refrigerator. Remember to classify food before putting it in a cupboard, cover it well, schedule cleaning, and do not leave food too long in the refrigerator.

Refer to the following articles:

1. Why does the refrigerator lose heat and is not cold enough?
1. Have you used the refrigerator properly when you first bought it?
1. The secret to using a safe fan for children in winter

Hope the above article is useful to you!

You finished reading the article "**The dangers of storing refrigerated food in the wrong way**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.