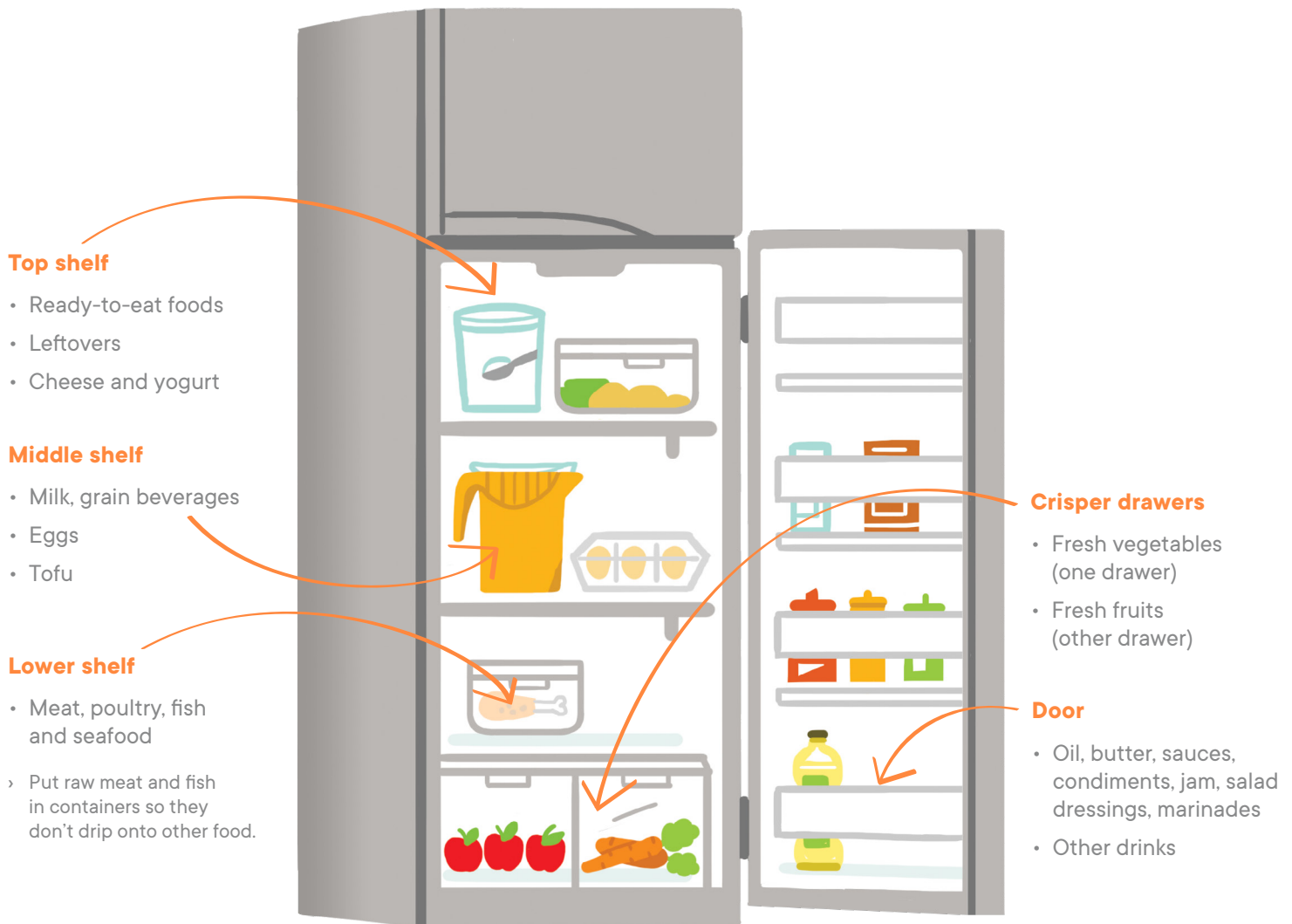


Where to Put Foods in Your Fridge

These tips will help you store food longer and reduce the risk of food poisoning.



Additional information

- Think of checking the temperatures! The refrigerator should be between 0°C and 4°C. The freezer should be at -18°C or below.
- Avoid keeping the fridge door open too long. Make sure it's shut tightly after use, so food stays at the right temperature.
- Eat foods that have been in the fridge longer first. Apply the FIFO trick: First In, First Out.
- Make sure foods are still good before eating them, using these MAPAQ documents (available in French only): [« Meilleur avant, bon après »](#) and [Thermoguide](#).
- Remember to regularly clean the fridge.