



Month/Year _____

Second Harvest Food Bank of Orange County Refrigerator and Freezer Temperature Log

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.

Temp	Day of the Month																																
	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.

Temp	Day of the Month																																
	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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