

**Mayo Clinic Minute**  
**Healthy Refrigerator-Freezer**

VIDEO	AUDIO
	<i>Refrigerator-freezer doors opening</i>
	The first thing that I would look at, especially in your refrigerator, is where you're storing meat.
	Mayo Clinic dietitian Angie Murad says meat should be stored near the bottom.
Title: ANGIE MURAD DIETITIAN Mayo Clinic Healthy Living Program	If it were to be at the top, it would drip juices down on to other foods.
	<i>Water running</i>
	If you see a spill, clean it up right away, and use warm, soapy water to wipe down the whole compartment at least once a week.
	Also, don't load your refrigerator the same way you pack your suitcase; leaving a little space creates better air flow and a more even temperature.
	This will ensure even freezing of your foods, and too, you can also identify them a little bit better.
	Labels will help, too. Include the name of the item and a freeze date.
	<i>Door shuts</i>
	And, make it a routine to check the temps in your fridge and freezer.
	You want your refrigerator to be at 35 to 40 degrees and your freezer to be zero or below.

<p>Title:</p> <p>JEFF OLSEN</p> <p>MAYO CLINIC MINUTE</p> <p>Mayo Clinic News Network</p>	<p>Finally, do a regular inventory of what's inside here. A freezer shouldn't be a food time capsule.</p>
	<p>Angie says a six-month time frame is a good rule of thumb for storing most foods, but ...</p>
	<p>My rule is, when in doubt, throw it out.</p>
<p>Graphic:</p> <p><a href="http://newsnetwork.mayoclinic.org">newsnetwork.mayoclinic.org</a></p>	<p>For the Mayo Clinic News Network, I'm Jeff Olsen.</p>