

Fridge thermometer kit

About the thermometer strips

The Liquid Crystal Thermometer Strips in your kit are 12mm x 84mm temperature sensitive self adhesive plastic strip with easy peel release paper and 5mm high easy to read numbers.

The Thermometer Strip has the following temperature pockets

1-3-5-7-9-11°C

The pockets change colour with the change in temperature

When the Actual temperature is 1°C below the pocket temp the digits are blue.

When the Actual temperature is equal to the pocket temperature the digits are green

When the Actual temperature is 1°C above the pocket temp the digits are brown.

Therefore this strip reads from 0 - 12°C

Note at normal room temperature no digits will show on the strips

Fridges and thermodynamics

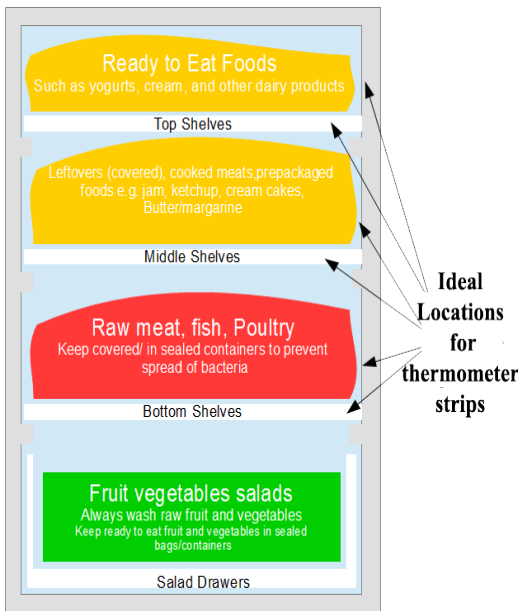
The ideal temperature range for a fridge is 3-5°C below this range you'll lose nutrients and fresh food can be ruined. Above 5 degrees bacteria multiply more rapidly

Most fridges have a temperature adjustment control that is marked in an arbitrary fashion showing a scale from 0 to 5 or 6, 0 being off. There is no easy way of identifying the actual temperature. In addition to this there are a range of temperatures within the fridge, The colder areas being at the back and bottom of the fridge. This is due to the cooling coil normally being fitted at the back and cold air settles to the bottom.

Using this kit will allow you to set the optimum temperature for your fridge and to monitor the range of temperatures that are occurring within the fridge.

Where to locate thermometer strips

Due to the above mentioned temperature zones we would suggest placing the strips on the front edge of the shelves (if wide enough) or on the side of the fridge nearest the door hinge, making them easy to see when you first open the fridge. One should be placed on (or just above if being mounted on the side) the bottom shelf, one on the top shelf and one in the middle. See The fridge diagram below. The surface you attach the strips to needs to be clean and dry (condensation will potentially occur when you open the fridge if warm damp air from outside the fridge hits the cold surface. The adhesive on the back of the strips may not stick effectively if applied to a damp surface.



Note For the optimum temperature the bottom thermometer strip should be reading 3°C.

Liquid Crystal thermometers respond quite quickly to changes of temperature and therefore may react to warm air rushing in to the fridge from outside, especially if the fridge is in a hot location.

General Fridge Food Safety Guidelines

As has already been mentioned the best temperature range for food stored in a fridge is between 3-5°C. Therefore items most likely to spoil should be in the coolest regions of the fridge.

As can be seen on the diagram to the left, It is recommended that raw meat, poultry and fish should be kept on the bottom shelf covered, preferably in sealed containers to prevent spread of bacteria, particularly important in domestic fridges as the salad/vegetable draw is located at the bottom of the fridge under the lowest shelf!

Ready to eat vegetables should be kept in sealed containers separate from unwashed fruit and vegetables (which should always be washed before use).

On the middle shelves should be placed, cooked meats, leftovers (covered) pre-packed foods such as jams, cream cakes, butter, margarine. Ready to eat foods like Yogurts, Cream and other dairy products should be placed on the top shelves

For best efficiency of your fridge keep it well stocked, but do not over crowd it, as air circulation is required to maintain the temperature.