

# MYTHBUSTERS

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## Myth:

I know my refrigerator is cold enough – I can feel it when I open it! Anyway, I have a dial to adjust the temperature.

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**Fact: Unless you have thermometers built into your fingers, you need to use a thermometer to ensure your refrigerator is at or below 40 °F. And that dial? Important, but it is not a thermometer.**

As many as 43% of home refrigerators have been found to be at temperatures above 40 °F, putting them in the food safety “danger zone” where harmful bacteria can multiply and make you and your family sick!

Slow the growth of bacteria by using a refrigerator thermometer to tell if your refrigerator is at 40 °F or below. And if it isn't? Use that dial to adjust the temperature so it will be colder. Then, use your refrigerator thermometer to measure again.