


Refrigerator Audit


Part of staying healthy is making sure the food you have on hand is safe for consumption. Here are some important things that can easily be overlooked.

Follow these steps to help keep your kitchen safer for your family members.

- Check to ensure the temperature of the refrigerator is at 40 degrees Fahrenheit or below. The freezer should be set to 0 degrees Fahrenheit or below.
- Throw out all food that has expired or is rotten.
- Keep a pen and removable labels near the refrigerator so your loved one can add a “throw away” date to leftovers. Remind your loved one that leftovers shouldn’t be kept beyond three to four days.
- In addition to having fresh, seasonal fruits and vegetables, be sure to stock the freezer and pantry with frozen and canned fruits and vegetables so that your loved one has access to nutritious produce all year round. Remember to check out your local farmer’s market for inexpensive goods.
- Ensure there are staple foods in the house that fit with the loved one’s dietary needs (i.e. low sodium, diabetes-friendly, heart healthy).
- Create a healthy grocery list for your loved one that they can use on a regular basis.

For more information on Solutions for Caregivers:

 Call **1-877-765-4473**, TTY 711
24 hours a day, 7 days a week

 Visit **www.LiveandWorkWell.com**
Access code: "Caregiver"

If you are concerned about the living situation of your loved one, it may be time for an onsite assessment.

