

TEMPERATURE LOG FOR REFRIGERATORS and FREEZERS

- If **storing food only** → refrigerator must be 41°F or below and freezer must be 10°F or below
- If **storing human milk** → refrigerator must be 39°F or below and freezer must be 0°F or below

Keep thermometers on the middle shelf, where the temperature is most stable.

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[illegible][illegible]