Kitchen 101: Your Refrigerator Is Your Next Best Friend
By Katie Patrick

- Which facts were new to you?
- Have you ever gotten sick from food that wasn't quite right?
- When was the last time you checked on the food in your refrigerator?

Bonus Questions:

- Check the temperature in your refrigerator.
- Put this easy checklist on the side of your refrigerator as a reminder.

Reach UP to God:

- Thank God for every blessing, even fresh food.
- As you go through your refrigerator, bless the contents.
- Ask God who you can help to understand how to keep food safely.

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