

PROTECT YOUR FOOD. PROTECT YOUR FAMILY. KEEP YOUR FRIDGE AT 40 °F OR BELOW.



TEMPERATURE MATTERS

KEEPING
YOUR
FRIDGE
TEMP AT
40 °F
or
BELOW

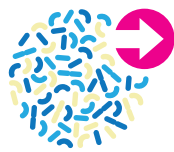
HELPS REDUCE YOUR RISK OF
FOODBORNE ILLNESS*

USE A FRIDGE THERMOMETER

TO MEASURE TEMPERATURE AND STAY FOOD SAFE



EVERY YEAR IN THE U.S.
1 IN 6 PEOPLE
GETS SICK FROM
CONTAMINATED FOOD



THE CDC ESTIMATES
LISTERIOSIS CAUSES ABOUT
1,600 ILLNESSES AND
260 DEATHS ANNUALLY

PREGNANT WOMEN ARE
10X MORE LIKELY
TO CONTRACT FOODBORNE ILLNESS

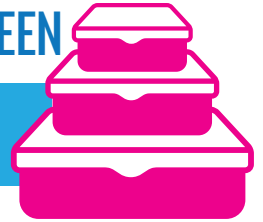


Bacteria that can cause illness
grow rapidly between **40 °F–140 °F**

FIGHT FOODBORNE ILLNESS AT HOME

DIVIDE LEFTOVERS BETWEEN

SMALL, SHALLOW CONTAINERS
FOR QUICKER COOLING



REFRIGERATE OR FREEZE
PERISHABLES & LEFTOVERS
WITHIN **2 HOURS**

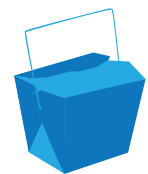
1 HOUR WHEN TEMP IS OVER 90 °F



KEEP LEFTOVERS

3–4 DAYS

**OLDER THAN 4 DAYS ...
TOSS THEM!**



**THAW & MARINATE
FOOD IN THE FRIDGE**

**AND
ALWAYS**

CLEAN



SEPARATE



COOK



CHILL



FOOD



Partnership for
**Food Safety
Education**

FOR MORE INFORMATION, VISIT FIGHTBAC.ORG

#go40orbelow

*According to a USDA/FDA risk assessment