MYTH: Leftovers are safe to eat until they smell bad.

FACT: Most people would not choose to eat spoiled, smelly food. However, if they did, they would not necessarily get sick. This is because there are different types of bacteria, some of which cause illness in people and others that don’t. The types of bacteria that do cause illness do not affect the taste, smell, or appearance of food. For this reason it is important to freeze or toss refrigerated leftovers within 3-4 days. If you are unsure of how long your leftovers have been sitting in the refrigerator, don’t take the risk – when in doubt, throw it out!

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Week’s Highlight Message:
CHILL--Refrigerate promptly

Bacteria spreads fastest at temperatures between 40° F and 140° F, so chilling food properly is one of the most effective ways to reduce the risk of foodborne illness.