Go 40° or BELOW
A COLD FRIDGE HELPS KEEP FOOD SAFE
Presentation Overview

Causes of Common Foodborne Illnesses at Home

Protect Your Food.
Protect Your Family.

For more information, visit fightbac.org
Nearly 48 Million People Affected

That’s 1 in 6 people each year in the United States who experience food poisoning.

For more information, visit fightbac.org
Bacteria And Viruses That Cause the Most Illnesses

- **Salmonella**
- **Norovirus**
- **Campylobacter**

For more information, visit fightbac.org
Less Common but Often Deadly Bacteria: *Listeria*

The CDC estimates that Listeriosis causes about:
- 1,600 illnesses
- 260 deaths
in the U.S. annually

For more information, visit fightbac.org

Source: CDC
At Risk Groups for Listeriosis

9 out 10 people who experience Listeriosis are in one of these at risk populations:

- Pregnant Women (10x)
- Hispanic Pregnant Women (24x)
- Elderly age 65+ (4x)
- Immune-Compromised

Source: USDA/FDA, CDC

For more information, visit fightbac.org
Keep Your Home Fridge Temp at 40 °F Or Below

One of the most effective ways to reduce the risk of foodborne illness. Germs that can cause illness grow rapidly in the “danger zone” between 40 °F - 140 °F.

The number of Listeriosis cases in the U.S. can be reduced by more than 70% if you go 40 °F or below*

Source: USDA/FDA, risk assessment

For more information, visit fightbac.org
Use a Refrigerator Thermometer

In order to ensure you’re going 40 or below, invest in a refrigerator thermometer! Follow these two steps to ensure proper installation to help keep your foods safe:

1. **Follow manufacturer instructions** for ideal thermometer placement.

2. Make sure the **thermometer reads 40 °F or below**!

For more information, visit fightbac.org
Smart Refrigeration Tip 1: Store and Thaw Food Safely

Do this at home to reduce the risk of foodborne illness!

- Separate leftovers into small, shallow containers
- Refrigerate or freeze perishables within 2 hours (1 hour if 90+ °F)
- Consume or freeze leftovers within 3-4 days
- Toss after 4 days
- Thaw and marinate foods in the fridge, not at room temperature

For more information, visit fightbac.org
Smart Refrigeration Tip 2: 
Keep Your Refrigerator Clean

Frequent cleaning and sanitizing of your refrigerator surfaces can help to minimize bacterial cross-contamination.

- Wipe spills immediately.
- Regularly clean inside with hot water and liquid soap and dry with paper towels to minimize cross-contamination.

For more information, visit fightbac.org
Stay Food Safe

Use a Thermometer

Store and Thaw Food Safely

Keep Your Refrigerator Clean

For more information, visit fightbac.org
Don’t Forget To...

Follow these food safety practices at home!

CLEAN

SEPARATE

COOK

CHILL

For more information, visit fightbac.org
For More Information

Visit: www.fightbac.org

Join the Conversation:

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FightBac.org  #go40orbelow

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Thanks For Joining Today

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