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

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

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

PREGNANT WOMEN ARE 10X MORE LIKELY TO CONTRACT FOODBORNE ILLNESS

Every year in the U.S., 1 in 6 people gets sick from contaminated food

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

For more information, visit FIGHTBAC.ORG

*According to a USDA/FDA risk assessment