

Go 40 or BELOW

A constant home refrigerator temp. of 40 °F or below is one of the most effective ways to reduce the risk of foodborne illness. Bacteria that can cause illness grow rapidly between 40 °F and 140 °F. Use a refrigerator thermometer to measure temp. to help you stay food safe.

Store and Thaw Food Safely

- Separate leftovers into small, shallow containers for faster cooling.
- Refrigerate or freeze perishables, prepared foods and leftovers within 2 hours of purchase or use (1 hour when temps. are over 90 °F).
- Consume or freeze refrigerated leftovers within 3 to 4 days. Toss after 4 days.
- Thaw and marinate foods in the fridge, not at room temperature.

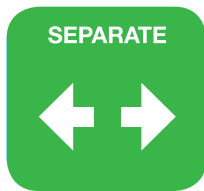
Keep Your Refrigerator Clean

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

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

REDUCE YOUR RISK

Follow these food safety practices at home.



For more information, visit fightbac.org.

#go40orbelow



Partnership for
Food Safety
Education

Go 40 or BELOW

A COLD FRIDGE HELPS KEEP FOOD SAFE



HOME FOOD SAFETY TIPS FOR EXPECTING MOTHERS



PROTECT YOUR FOOD. PROTECT YOUR FAMILY.

KEEP YOUR FRIDGE AT 40 °F OR BELOW.



Every year, nearly 48 million people in the United States—1 in 6—get sick from eating food contaminated with germs. While *Salmonella*, *Campylobacter* and Norovirus cause the most illnesses, *Listeria monocytogenes* is a less-common but often deadly foodborne bacteria.

Listeria can be particularly dangerous for pregnant women, older adults and persons with immune-compromising conditions. Almost all cases occur among these three groups.

Stay Food Safe. Fight Foodborne Illness at Home.

Follow all basic home food safety measures to clean, separate, cook, and chill foods and reduce your risk of serious foodborne illness.

fightbac.org



Pregnant women are 10 times more likely to contract listeriosis than other healthy adults.

Use a Thermometer

Refrigerator thermometers are tools that stay in your refrigerator to display actual temperatures (separate from refrigerator dials). Proper installation and use will help you keep your food safe.



40 °F



1. Follow thermometer manufacturer instructions for ideal placement.
2. Make sure the thermometer reads 40 °F or below. Some events may cause temporary readings over 40 °F, such as:
 - Initial placement
 - Door open for an extended time
 - Hot foods recently placed inside
 - Automatic defrost cycles: Check temperature as soon as it turns on, when it's at its highest temp.

