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

PREGNANT WOMEN ARE 10X MORE LIKELY TO CONTRACT FOODBORNE ILLNESS

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

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