Store & 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.

REDUCE YOUR RISK
Follow these food safety practices at home.
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. Listeriosis can spread through the bloodstream to cause meningitis, and often kills. It’s particularly dangerous for older adults, persons with immune-compromising conditions and pregnant women. Almost all cases occur among these three groups.

Cold temperatures inhibit the growth of pathogens that can make you sick.

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.

*After age 75, many adults have weakened immune systems, increasing the risk of contracting foodborne illness.*