

PROTECT YOUR FOOD. PROTECT YOUR FAMILY. KEEP YOUR FRIDGE AT 40 °F OR BELOW.



TEMPERATURE MATTERS

KEEPING
YOUR
FRIDGE
TEMP AT

40 or **BELOW** °F

HELPS REDUCE YOUR RISK OF
FOODBORNE ILLNESS*

USE A FRIDGE THERMOMETER

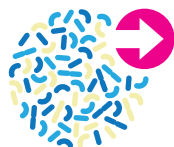
TO MEASURE TEMPERATURE AND STAY FOOD SAFE

EVERY YEAR IN THE U.S.

1 IN 6 PEOPLE



GETS SICK FROM
CONTAMINATED FOOD



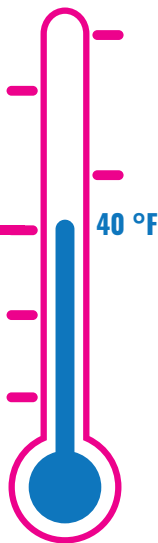
THE CDC ESTIMATES
LISTERIOSIS CAUSES ABOUT
1,600 ILLNESSES AND
260 DEATHS ANNUALLY

PREGNANT WOMEN ARE
10X MORE LIKELY
TO CONTRACT FOODBORNE ILLNESS



Bacteria that can cause illness
grow rapidly between →

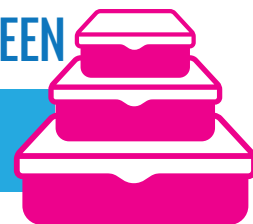
40 °F – 140 °F



FIGHT FOODBORNE ILLNESS AT HOME

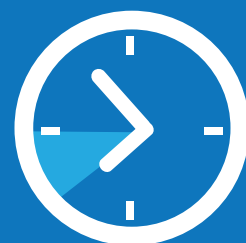
DIVIDE LEFTOVERS BETWEEN

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**

CLEAN



SEPARATE



COOK



CHILL



FOOD



**Partnership for
Food Safety
Education**

FOR MORE INFORMATION, VISIT FIGHTBAC.ORG

#go40orbelow

*According to a USDA/FDA risk assessment