

UNIVERSITY OF MINNESOTA

Extension

SERVICE

Food Safety For Your Family

Was it a 24-hour bug or something you ate?



Often what seems like the flu is more likely foodborne illness. Mishandling of food at home is a leading cause of foodborne illness.



Bacteria grow most rapidly in the Temperature Danger Zone - between 40 F and 140 F. Remember to keep hot foods hot and cold foods cold!

Some Simple Reminders

Refrigerate or freeze foods within two hours.

Never defrost food at room temperature.

Separate leftovers into shallow containers for quicker cooling in the refrigerator.

Don't over-stuff the refrigerator.

Cold air must circulate to keep food safe.

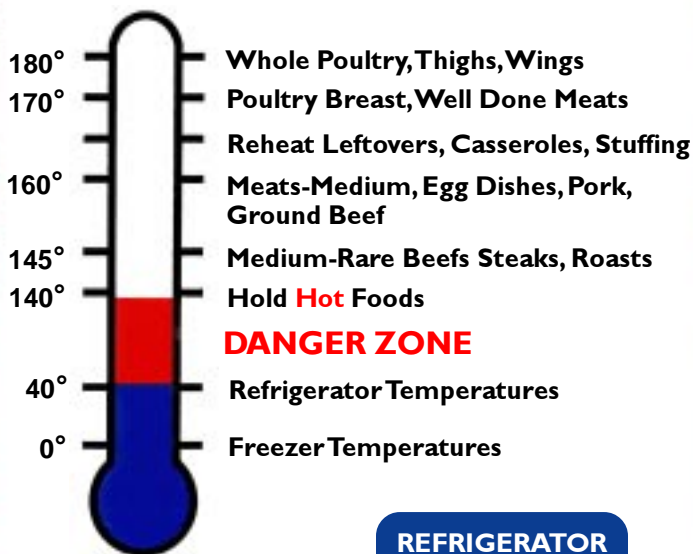
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Food Safety for Your Family

Apply the Heat

To fight bacteria, thoroughly cook the following foods to these internal temperatures:



**REFRIGERATOR
TEMPERATURE**



**Keep your refrigerator at 40° or less.
Use an appliance thermometer to
check the temperature of your
refrigerator regularly.**

For More Information Contact:

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