DON’T LET FOOD MAKE YOU SICK!

The “Danger Zone”
Bacteria thrive and multiply at temperatures between 40- and 140-degrees F.
• Keep hot foods at or above 140 degrees F.
• Keep cold foods at 40 degrees F or below.

When in doubt, throw it out!
Throw perishable food out if……
• It is left at room temperature for more than two hours.
• It is left in temperatures above 90 degrees F for more than one hour.

Clean
• Wash hands and surfaces often.
• Rinse raw produce in water.

Separate
• Keep eggs, raw meat, poultry and seafood separate from other foods.
• Use separate cutting boards for raw meat, fruits and vegetables.

Cook
• Cook to proper temperatures to kill bacteria.
• Use a food thermometer. It’s the only way to know if a food has been cooked to a safe internal temperature.

Chill
• Refrigerate foods promptly.
• Defrost in the refrigerator, never at room temperature.

Myth: If you get sick from eating a food, it is from the last food you ate.
Fact: Symptoms can appear 30 minutes to six weeks after eating an unsafe food.

Proper food handling
Steps that help ensure food is safe to eat:

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