

DON'T LET FOOD MAKE YOU SICK!



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.

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.

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:

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.

Funded in part by USDA SNAP.
For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.
Running out of money for food?
Contact your local food stamp office or go online to mydss.mo.gov/food-assistance/food-stamp-program.