

FOOD SAFETY TIPS

Every year, there are 76 million cases of food borne illness and 325,000 hospitalizations.*

*Center for Disease Control

There are simple steps that you can take at home to prevent disease from occurring from food borne pathogens.

1. Keep refrigerator at 40 ° F or below (confirm with a thermometer).
2. Keep freezer at 0 ° F.
3. Use the 2 hour rule. Do not keep cooked foods out for more than 2 hours.
4. Do away with the 5 second rule. If your food falls to the floor, pick it up and throw it away!
5. Use food thermometer during cooking and clean it when finished.
6. Below are some common items stored in the refrigerator and the length of time they should be kept[^]:

ITEM	REFRIGERATOR	FREEZER
Eggs/fresh in shell	3-5 weeks	-
Mayo/opened	2 months	-
Cooked meat leftovers	3-4 days	2-3 months
Fresh poultry	1-2 days	1 year
Pizza	3-4 days	1-2 months

[^]Source: USDA 2006

**SAFETY IS NOT COMMON SENSE!
ACCIDENTS HAPPEN...TO BE PREVENTABLE! ®**