



Food Safety

Make sure leftovers don't make you sick! Use leftovers within 3-4 days. If you are not sure a food is safe to eat, remember the saying:

"If in doubt, throw it out!"

Whether you take home leftovers from a restaurant or have extra food from a home-cooked meal, it is important to refrigerate and freeze foods properly. Here are some tips on how to keep foods safe:

- Hand washing is the most important thing you can do to keep yourself from getting sick. Always wash your hands before, during, and after preparing food.
- Keep your refrigerator at 34 - 40° Fahrenheit. Check the temperature with a refrigerator thermometer. If the temperature of your refrigerator is above 40° Fahrenheit, the food may not be safe. (Germs will grow faster and make foods unsafe to eat when the temperature is above 40° Fahrenheit.) Turn the thermostat down. If the temperature does not stay below 40° Fahrenheit get your refrigerator repaired as soon as possible.
- Store leftovers in tightly covered containers to prevent germs from getting in.
- After cooking, refrigerate foods right away. Divide large amounts into smaller portions to help them cool faster.
- Refrigerate foods you have purchased as soon as possible. Do NOT keep them out for more than 2 hours.
- Use leftovers within 3-4 days. If you are not sure the food is safe, remember the saying, "If in doubt, throw it out."
- Clean the refrigerator regularly to remove spoiled foods and germs that could be passed to other foods.
- Keep freezers at 0° Fahrenheit or below.

What do you do to store food safely?