

Store & Thaw Food Safely

- Separate leftovers into small, shallow containers for faster cooling.
- Refrigerate or freeze perishables, prepared foods and leftovers within 2 hours of purchase or use (1 hour when temps are over 90 °F).
- Consume or freeze refrigerated leftovers within 3 to 4 days. Toss after 4 days.
- Thaw and marinate foods in the fridge, not at room temperature.

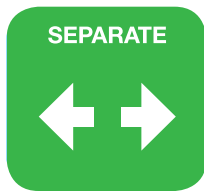


Keep Your Refrigerator Clean

- Wipe spills immediately.
- Regularly clean inside with hot water and liquid soap and dry with paper towels to minimize cross-contamination.

REDUCE YOUR RISK

Follow these food safety practices at home.



For more information, visit fightbac.org



Go 40° or BELOW



A COLD FRIDGE HELPS KEEP FOOD SAFE

HOME FOOD SAFETY TIPS FOR SENIORS



Go **40**
or **BELOW**

**PROTECT YOUR FOOD.
PROTECT YOURSELF.**



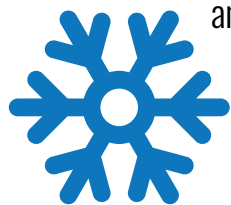
After age 75, many adults have weakened immune systems, increasing the risk of contracting foodborne illness.



A constant home refrigerator temp of 40 °F or below is one of the most effective ways to reduce the risk of foodborne illness. Bacteria that can cause illness grow rapidly between 40 °F and 140 °F. Use a refrigerator thermometer to measure temperature to help you stay food safe.

What Causes Foodborne Illness?

Every year, nearly 48 million people in the United States—1 in 6—get sick from eating food contaminated with germs. While *Salmonella*, *Campylobacter* and Norovirus cause the most illnesses, *Listeria monocytogenes* is a less-common but often deadly foodborne bacteria.



Listeriosis can spread through the bloodstream to cause meningitis, and often kills. It's particularly dangerous for older adults, persons with immune-compromising conditions and pregnant women. Almost all cases occur among these three groups.

Use a Thermometer

Refrigerator thermometers are tools that stay in your refrigerator to display actual temperatures (separate from refrigerator dials). Proper installation and use will help you keep your food safe.



40 °F



1. Follow thermometer manufacturer instructions for ideal placement.
2. Make sure the thermometer reads 40 °F or below. Some events may cause temporary readings over 40 °F, such as:
 - Initial placement
 - Door open for an extended time
 - Hot foods recently placed inside
 - Automatic defrost cycles: Check temperature as soon as it turns on, when it's at its highest temp.

Cold temperatures inhibit the growth of pathogens that can make you sick.

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