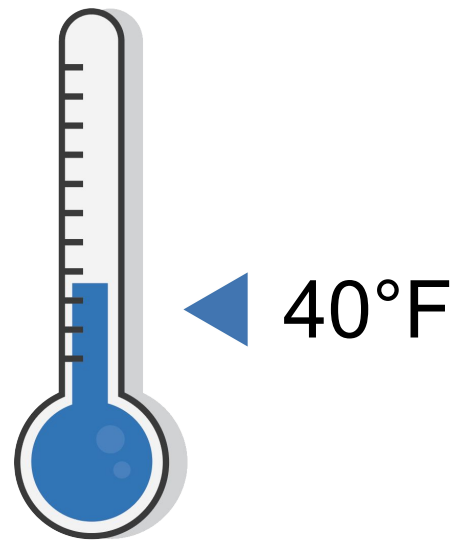


# *Food Safety At Home*

Cold Foods Cold = 40° or less



Cold food should be held  
and stored at 40°F or less.



# Which foods need to be kept cold?

## Items that must be kept cold for safety:

- Protein/Meat, Poultry, Fish, Shellfish
- Dairy Foods and Eggs, including cheese
- Cooked rice, pasta, vegetables
- Some Fruits and Vegetables (lettuce, sprouts, cut melon and tomatoes)



## If cold food will not be consumed within the hour:

- Refrigerate as soon as possible.
- Hold with an icepack next to the critical items.
- For larger volume, keep in an insulated container with ice or ice packs.  
Keep the lid on.
- Re-cool food to the proper temperature to hold.

Discard it!

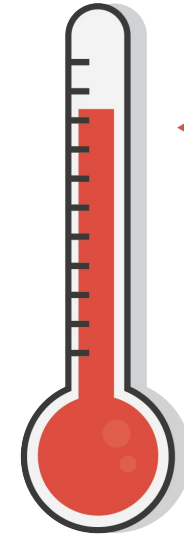
If one of the “danger” foods is left unrefrigerated for more than 4 hours, **discard it.**



Hot Foods Hot = 140° or higher



Hot food should be held  
and stored at 140°F or higher.

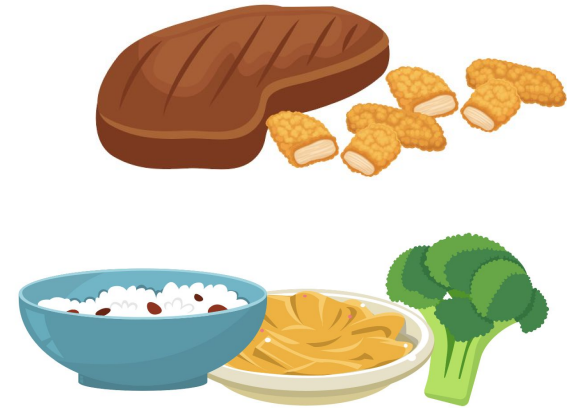


140°F

# Hot Foods Hot = 140°F

## Items that must be kept hot for safety:

- Cooked Protein/Meat, Poultry, Fish, Shellfish
- Cooked rice, pasta, vegetables
- Reheated Foods



## What if my Food Cools Down?

If a hot food's temperature falls below 135°F for no longer than 2 hours, reheat the food to 165°F for 15 seconds.

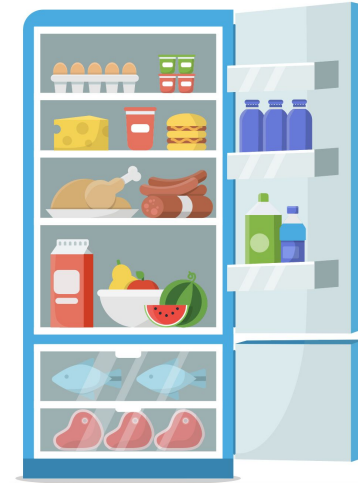




# How Long Can I Keep Leftovers?



Unconsumed prepared food  
can safely be held, if  
refrigerated, for 3 - 4 days.



# How Do I Keep Leftovers Safely?



- Put the original preparation date on food.
- Cool the food to 40° as quickly as possible.
- Store items individually or in smaller containers to cool quickly.

- Cook to a minimum of 165°F in all parts of the food.
- Cover to retain surface moisture.
- Stir midway through cooking to spread heat.
- Allow to stand covered for 2 minutes after cooking to obtain temperature equilibrium.

Leftovers?



If there is any question  
about a food's safety,  
discard it.



Clean hands are one of the most important ways to keep food safe.

Individuals who handle food when they have a foodborne illness, gastrointestinal illness, infected lesion, or are around someone who is ill can pass along those illnesses.

# Touching a Surface can Spread Disease



Individuals can simply touch a surface that is contaminated with a bacteria or virus and pass that along to others.

Handwashing minimizes the risk of passing along bacteria or viruses that can cause foodborne illnesses.

# Use Correct Handwashing Procedures



USE SOAP



RUB HANDS  
PALM TO PALM



BACK TO HANDS



FINGERS INTERLACED



CLEAN THUMBS



FOCUS ON WRISTS



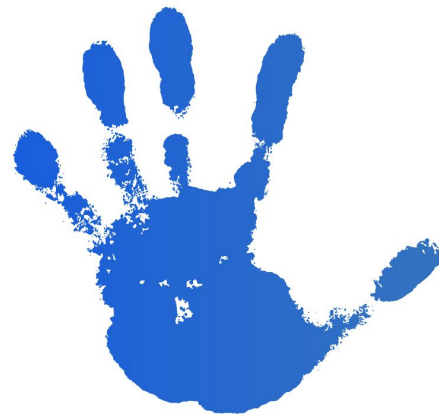
RINSE HANDS  
WITH WATER



DRY HAND WITH  
SINGLE USE TOWEL

Use brightly colored water-based paint to show individuals how to wash hands correctly.

- On bare hands or wear gloves.
- Put a few drops of paint in your palm to represent soap.
- Scrub your hands.
- Which places do not have a consistent layer of paint?
- Keep “washing” until all parts of hands are covered.





Are You Washing Thoroughly?



Be Safe...Be Well



Create healthy habits.

For more information visit:

<https://www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety>