

## More Than 2 is Bad for You!

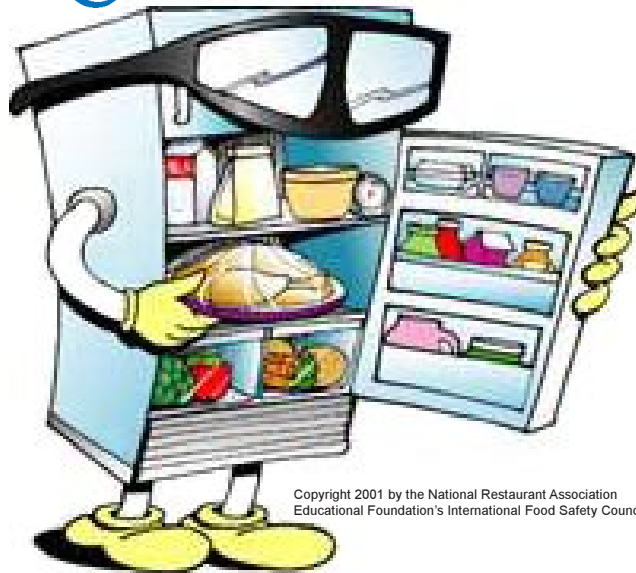
Refrigerate perishable foods so the TOTAL time they're at room temperature is less than **2 hours**. Perishable foods include:

- meat, poultry, fish, eggs, tofu
- dairy products
- pasta, rice, cooked vegetables
- fresh, peeled and/or cut fruits and vegetables

**At room temperature, just ONE bacterium in these foods could grow to 2,097,152 bacteria in 7 hours!**

**For more food safety information, visit [lancaster.unl.edu/food](http://lancaster.unl.edu/food)**

# BE COOL CHILL OUT



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## Don't be a Fool, Get it Cool!

It's OK to refrigerate foods while they're still warm.

Just leave the container cover slightly cracked until the food has cooled.

Refrigerate foods in shallow containers to speed cooling.

*Provided By:  
University of Nebraska  
Cooperative Extension  
in Lancaster County  
and Lincoln-Lancaster  
County Health  
Department*

UNIVERSITY OF  
**Nebraska**  
Lincoln



## REFRIGERATE PROMPTLY

### 40 Degrees, Please!

Keep your refrigerator at 40° F or lower, which slows bacterial growth.

Keep your freezer at 0° F or lower, which stops most bacterial growth. Freezing DOES NOT kill bacteria.

Keep an appliance thermometer in your refrigerator and in your freezer to assure they stay at these recommended temperatures.

### Avoid Delay, Eat Within a Day.

For safety and quality, eat refrigerated leftovers within a day or two.

### When in Doubt, Toss it Out!

You can't always see, smell or taste bacteria that cause food-borne illness. It takes from 1/2 hour to 6 weeks before you get sick from contaminated food.



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. [www.cphp.uic.edu](http://www.cphp.uic.edu)