

GO 40°
or BELOW

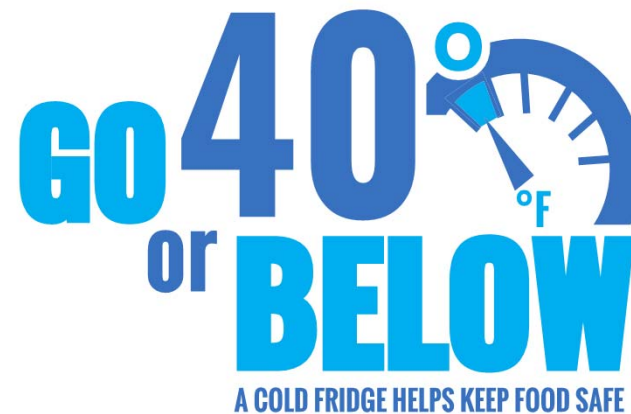


A COLD FRIDGE HELPS KEEP FOOD SAFE

Presentation Overview



Causes of Common Foodborne
Illnesses at Home



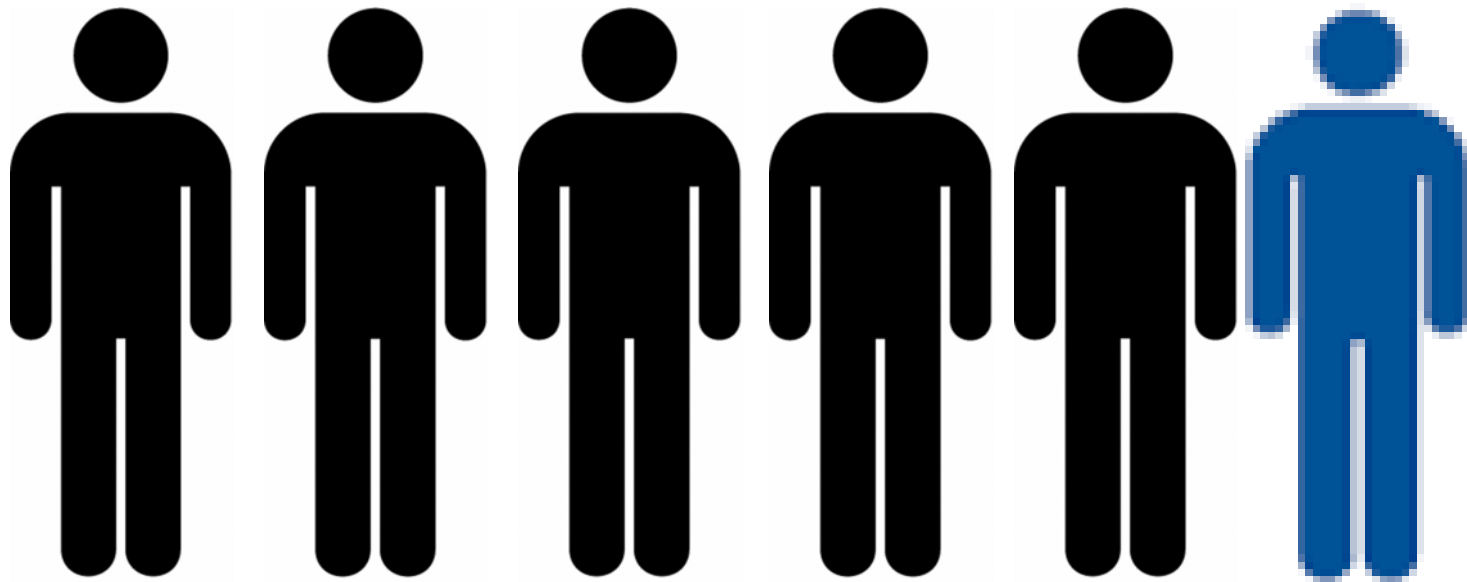
Protect Your Food.
Protect Your Family.

For more information, visit fightbac.org



Nearly 48 Million People Affected

That's 1 in 6 people each year in the United States who experience food poisoning.



For more information, visit fightbac.org



Bacteria And Viruses That Cause the Most Illnesses

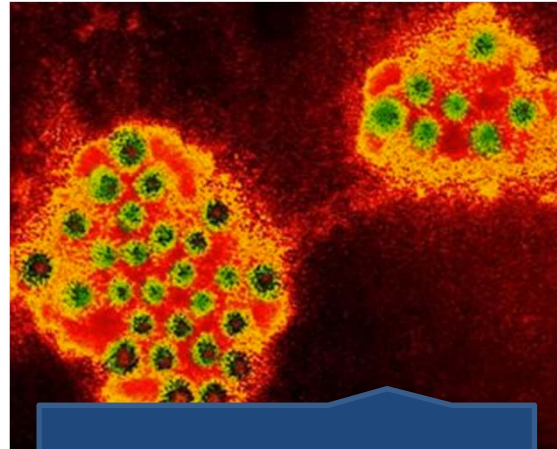
Salmonella



Campylobacter



Norovirus



For more information, visit fightbac.org



Less Common but Often Deadly Bacteria: *Listeria*



Listeria

The CDC estimates that Listeriosis causes about:

- **1,600 illnesses**
- **260 deaths**
in the U.S. annually

At Risk Groups for Listeriosis

9 out of 10 people who experience Listeriosis are in one of these at risk populations:



Pregnant Women (10x)

**Hispanic Pregnant
Women (24x)**



**Elderly age 65+
(4x)**



**Immune-
Compromised**

Keep Your Home Fridge Temp at 40 °F Or Below

One of the most effective ways to reduce the risk of foodborne illness. Germs that can cause illness grow rapidly in the “danger zone” between 40 °F - 140 °F.

GO 40
or BELOW



°F

The number of Listeriosis cases in the U.S. can be reduced by more than 70% if you go 40 °F or below*

Source: USDA/FDA, risk assesment

For more information, visit fightbac.org



Use a Refrigerator Thermometer

In order to ensure you're going 40 or below, invest in a refrigerator thermometer! Follow these two steps to ensure proper installation to help keep your foods safe:



1. Follow manufacturer instructions for ideal thermometer placement.

2. Make sure the thermometer reads 40 °F or below!

For more information, visit fightbac.org



Smart Refrigeration Tip 1: Store and Thaw Food Safely

Do this at home to reduce the risk of foodborne illness!



Separate
leftovers into
small, shallow
containers



Refrigerate or
freeze perishables
within 2 hours
(1 hour if 90+ °F)



Consume or freeze
leftovers within 3-4
days
Toss after 4 days



Thaw and marinate
foods in the fridge,
not at room
temperature

For more information, visit fightbac.org



Smart Refrigeration Tip 2: Keep Your Refrigerator Clean

Frequent cleaning and sanitizing of your refrigerator surfaces can help to minimize bacterial cross-contamination.



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

For more information, visit fightbac.org



Stay Food Safe

**GO 40°
or BELOW**



Use a
Thermometer



Store and Thaw
Food Safely



Keep Your
Refrigerator
Clean

For more information, visit fightbac.org

**GO 40°
or BELOW**

Don't Forget To...

Follow these food safety practices at home!

CLEAN



SEPARATE



COOK



CHILL



For more information, visit fightbac.org



For More Information

Visit:



Fightbac.org

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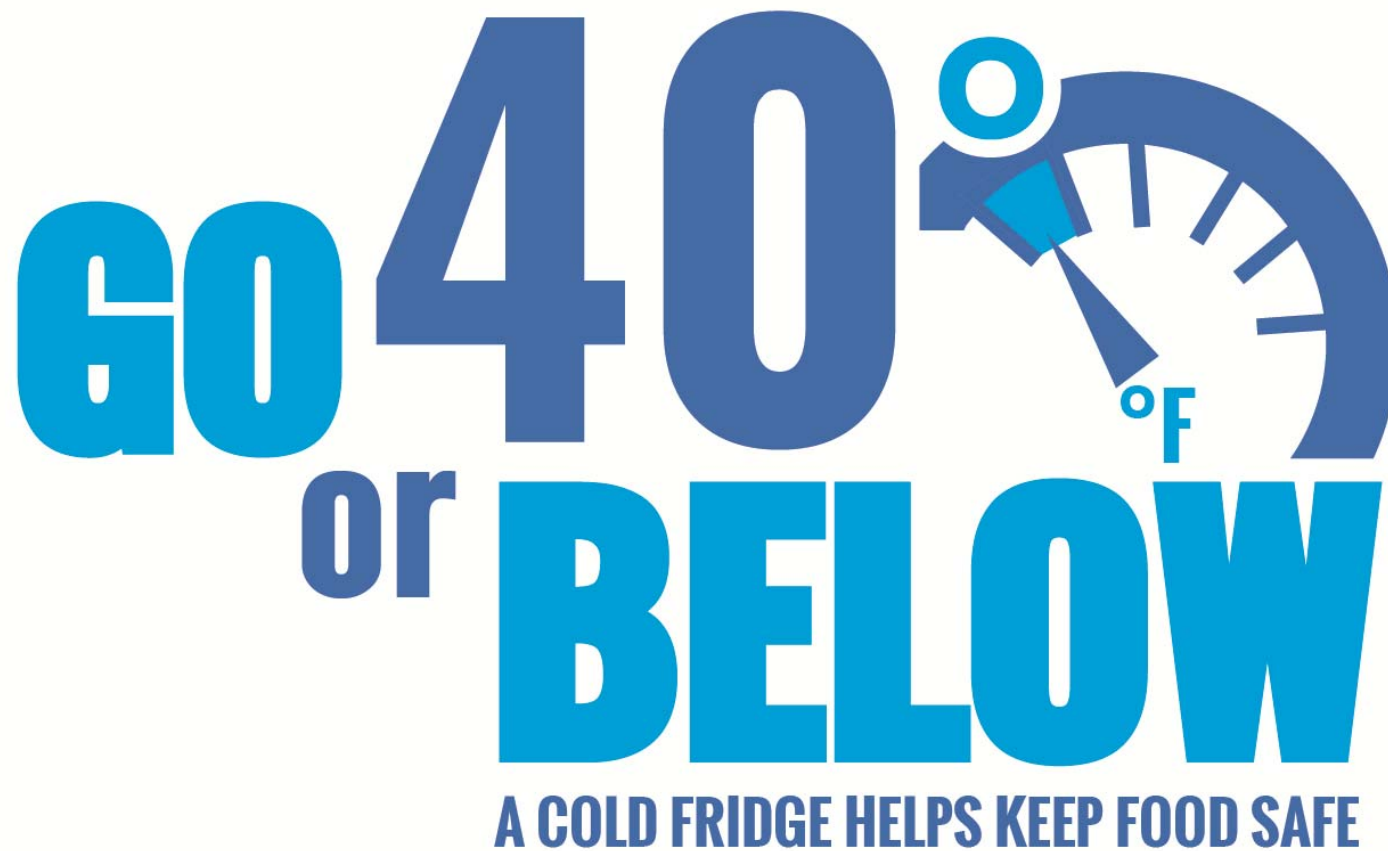
ThePFSE

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Thanks For Joining Today



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