

## 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.

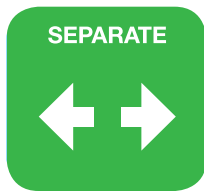


## Keep Your Refrigerator Clean

- 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](http://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.

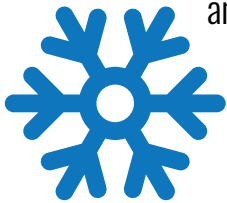


A constant home refrigerator temp of 40 °F or below is one of the most effective ways to reduce the risk of foodborne illness. Bacteria that can cause illness grow rapidly between 40 °F and 140 °F. Use a refrigerator thermometer to measure temperature to help you stay food safe.

### 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.



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

### 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.