

# Be food safe. Chill.



**Cool** the fridge to 40 °F or below, and use an appliance thermometer to check the temperature.

**Chill** leftovers and takeout foods within 2 hours, and divide food into shallow containers for rapid cooling.



**Thaw** meat, poultry, and seafood in the fridge, not on the counter, and don't overstuff the fridge.

Bacteria spreads fastest at temperatures between 40 °F - 140 °F, so chilling food properly is one of the most effective ways to reduce the risk of foodborne illness. The four easy lessons of Clean, Separate, Cook, and Chill can help prevent harmful bacteria from making your family sick.

To find out more about food safety, visit [befoodsafe.gov](http://befoodsafe.gov)  
Questions? Click on [Ask Karen](#) or call 1-888-MPHotline.

