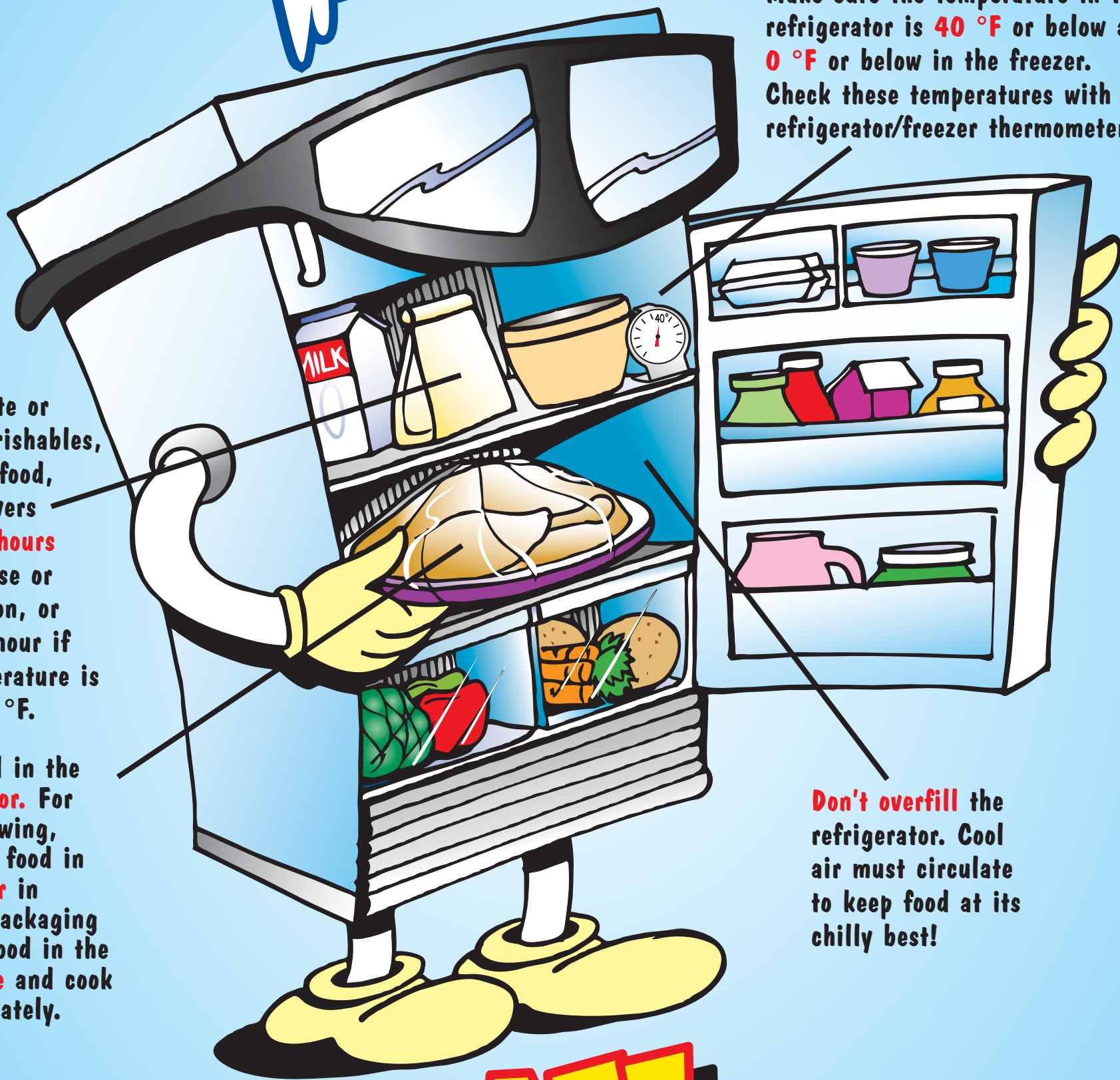


BE FOOL-CHILL OUT!

Make sure the temperature in the refrigerator is **40 °F** or below and **0 °F** or below in the freezer. Check these temperatures with a refrigerator/freezer thermometer.



Refrigerate or freeze perishables, prepared food, and leftovers **within 2 hours** of purchase or preparation, or within 1 hour if the temperature is above 90 °F.

Thaw food in the **refrigerator**. For quick thawing, submerge food in **cold water** in airtight packaging or thaw food in the **microwave** and cook it immediately.

Don't overfill the refrigerator. Cool air must circulate to keep food at its chilly best!

REFRIGERATE PROMPTLY



NFSEM is presented by the National Restaurant Association Educational Foundation's International Food Safety Council



Food Safety and Inspection Service
 USDA Meat and Poultry Hotline
 1 (800) 535-4555
 TTY: 1 (800) 256-7072
www.fsis.usda.gov

Gateway to Government Food Safety Information
www.FoodSafety.gov

Partnership For Food Safety Education
www.fightbac.org

Center for Food Safety and Applied Nutrition
 U.S. FDA Food Information Line
 1 (888) SAFEFOOD
www.cfsan.fda.gov