

For
Food Safety ...

Chill

- Keep cold foods cold.
- Put food back in the refrigerator after snacks and meals. Don't leave foods on the counter.
- Some foods that need to stay cold include:
 - sandwiches or salads made with meat and poultry;
 - tuna and egg salad;
 - milk, cheese, and yogurt;
 - opened cans of pudding;
 - peeled or cut fruits and vegetables.
- Use an insulated lunch box or bag to keep food cold at school.
- Keep your lunch in the coolest place possible. Never leave it in direct sun.
- Add an ice pack, frozen juice box, or use a thermos to keep food cold.
- Use a cooler with ice when you pack a picnic lunch.

His name is BAC (bacteria) and he is on the attack. He is the invisible enemy and he can make you sick. But you have the power to *Fight BAC!*TM and keep your food safe.

Check out the ways you can *Fight BAC!*TM



Kids, unscramble the tiles to show the secret message.

FIG HT TO CO BAC FO LD ODS
KEE P C OLD

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