Don’t # 1: Eat 2 week old leftovers...they smell fine!

The types of bacteria that cause food poisoning do not affect the **smell, taste, or sight** of food. You can’t tell if food will make you sick just from smelling it.

What to do:
Freeze or toss leftovers within 3-4 days. Label them to help keep track.
Don’t # 2: Leave last night’s dinner on the counter all night and eat it for breakfast.

Food is in the **Danger Zone** when it’s between 40° F and 140° F. If food is left out in these temperatures for 2 hours or more, it can become contaminated by bacteria.

What to do: Never leave food out of refrigeration for more than 2 hours. Pack leftovers into shallow containers and refrigerate them at 40 °F or below.

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Don’t # 3: Rinse your chicken.

This can spread raw juices around your sink, onto your counter tops, and even onto ready to eat foods.

What to do:
Cook poultry to 165°F as measured with a food thermometer. **Rinsing is not a safety step!**
Don’t # 4: Use your eyes instead of a food thermometer when cooking raw meat.

Many factors can influence the color of cooked meat including an animal’s age, diet, and exercise level. You can’t tell if meat should be eaten based on color alone.

What to do:
Be sure meat is safe to eat. When cooking meat, measure the internal temperature with a food thermometer.