

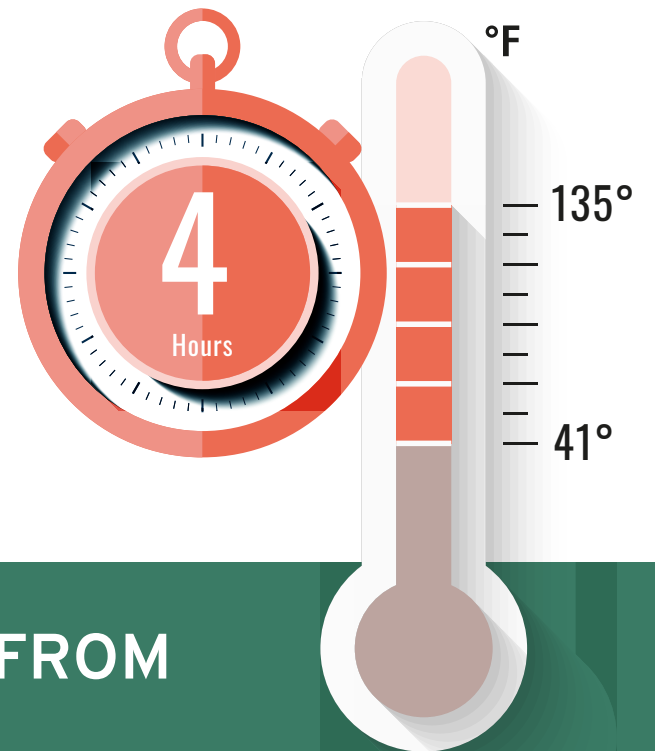
KEEP IT COOL FROM FARM TO FRIDGE

STOP BACTERIA FROM GROWING TO
PREVENT FOODBORNE ILLNESS

To prevent bacteria from growing, control the:

1. **TEMPERATURE** of your food, and
2. **TIME** food spends outside of a safe temperature zone.

Foods susceptible to bacteria growth should not be in the temperature danger zone (41°F – 135°F) for more than 4 hours.



FOCUS ON KEEPING THESE FOODS SAFE FROM THE FARMERS MARKET TO THE FRIDGE:

Meat • Eggs • Fish • Dairy products including cheese • Raw sprouts
Cut leafy greens • Cut garlic in oil • Sliced melons • Sliced tomatoes
Prepared items made with any of these ingredients (excluding canned goods)

BACTERIA NEED THREE
THINGS TO GROW:



FOOD



WARMTH



MOISTURE

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