



CHILL



STEP 4: CHILL

FOOD SAFETY QUICK TIPS



Check the App

USDA FoodKeeper can tell you how long foods and drinks are safe to keep in the refrigerator or freezer.



Shop, and don't stop

At the grocery store, pick up perishable foods last and take them straight home.



Keep your cool

Chill groceries, leftovers, and food delivery items within 2 hours, or 1 hour if exposed to temperatures above 90 °F. Use an appliance thermometer to set fridge to 40 °F or below and freezer at 0 °F or below.



Let it breathe

Leave space for air to circulate between containers in your fridge and freezer.



Stay chill

If bringing cold foods on-the-go, pack them with ice in an insulated container.

Find more **Quick Tips on the 4 Steps to Food Safety: Clean, Separate, Cook, Chill** at www.fda.gov/food

EVERYDAY FOOD SAFETY