Fight BAC! Cont.

Chill

\*Thaw food at safe temperatures

 \*Never thaw raw protein on the counter (room temperature)

 \*Use the refrigerator

 \*Use the microwave

 \*Use the sink with cold running water

\*Keep cold food below 40°F (bottom of the Danger Zone)

\*Refrigerator - 32°F - 40°F – slows the growth of bacteria

\*Freezer - 32°F - 0°F – stops bacteria, but does not kill it

\*Deep Freeze - 0°F and below – stops bacteria, but does not kill it

DANGER ZONE

\*Temperatures where bacteria multiply and grow quickly

\*40°F - 140°F

Cook

\* Keep hot foods above 140°F to prevent bacteria growth

\* Use a food thermometer to ensure safe internal temperatures

\* Color of ground meat products is not a reliable indicator of safe temperatures

\* Bring sauces and soups to a boil (212°F) when reheating

\* Check for cold spots when cooking in the microwave