



- When the food you eat makes you sick, due to contamination with bacteria, you have a foodborne illness. You cannot see the bacteria that cause foodborne illnesses.
- To help prevent foodborne illnesses follow the 4 steps to food safety: **CLEAN, SEPARATE, COOK & CHILL.**
- Keep the kitchen **CLEAN**. Wash your hands with soap and water before preparing, cooking or eating food to prevent the spread of bacteria from your hands.
- Keep foods **SEPARATE** to avoid cross-contamination where bacteria are spread from one food product to another.
- **COOK** your meat, poultry, fish and seafood to a safe temperature.
- **CHILL** (refrigerate) or freeze perishable food and leftovers within 2 hours.
- Keep hot foods hot and cold foods cold.
- Keep your freezer at 0 degrees Fahrenheit and your refrigerator at or below 40 degrees Fahrenheit.
- Thaw foods in the refrigerator, not on the counter.

Mini-goals

1. _____

2. _____

3. _____

Storage Chart for Leftover Foods
Maximum refrigerator storage for maintaining the quality of foods

Cooked stuffing.....	3-4 days
Gravy.....	1-2 days
Cooked meat, poultry, fish.....	3-4 days
Canned ham, opened and luncheon meats, opened	3-5 days
Bacon, corned beef, frankfurters (hot dogs) and whole ham (in original wrap).....	1 week
Leftover casseroles, main dishes, and soups	3-4 days
Canned vegetables, opened.....	3 days
Canned fruit, opened.....	5-7 days
Fluid milk:	
whole, skim, 2%, or reconstituted dry milk.....	5 days
buttermilk.....	3-5 days
evaporated milk, opened.....	4-5 days
Cheese:	
cottage.....	1 week
processed and hard cheeses, opened.....	3-4 weeks
Pudding (covered).....	1-2 days
Margarine (in original wrap)	4-6 months
Butter (in original wrap)	1-2 weeks



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