

CORE 4

Help prevent foodborne illness.
Remember to **chill**.



Chill

- Keep your refrigerator at 40°F or below and your freezer at 0°F or below.
- Refrigerate meat, poultry, seafood, eggs and other perishables as soon as you get home from the store.
- Always marinate food in the refrigerator.
- Remember to keep food at a safe temperature when thawing and never defrost food at room temperature.
 - o Three safe ways to defrost food include: in the refrigerator, in cold running water and in the microwave.
 - o Food thawed in cold running water or the microwave should be cooked immediately.



Visit the [Division of Food Safety Consumer Resources and Outreach website](#) for more food safety tips.