There are many opportunities for food to become contaminated. That is why it is so important to keep hot foods hot and cold foods cold. This helps to keep harmful bacteria from multiplying rapidly.

Throw away food that have been at temperatures between 40 and 140°F for more than two hours.

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FDNS – E-154 Revised August 2012

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For more food safety information, call 1-800-ASK-UGA1 or contact the USDA Meat and Poultry Hotline at 1-888-MPHotline.
What Are You Giving Guests, Friends and Family This Holiday Season?

Make sure it’s not foodborne illness!

Foodborne illness can occur when:

- Foods are contaminated with harmful bacteria, viruses and parasites.
- Disease-causing bacteria can multiply when moist, nutrient-rich foods are allowed to stay in the temperature danger zone between 40° F and 140° F for more than two hours.

Symptoms of foodborne illness may include:

- Diarrhea
- Vomiting
- Nausea
- Fever
- Abdominal Pain

Keep food safe by following four simple steps.

Clean
Separate
Cook
Chill

Clean kitchen surfaces and utensils with soap and hot water.

Use 1 tablespoon chlorine bleach per gallon of water and apply to kitchen surfaces and utensils to sanitize or get rid of even more germs.

Wash your hands and forearms with warm, running water and soap for at least 20 seconds before handling food.

Keep raw foods away from ready-to-eat foods.

Cook foods thoroughly using a food thermometer to determine doneness.

Keep cold foods cold (40° F or colder).

Keep hot foods hot for serving (140° F or hotter).

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