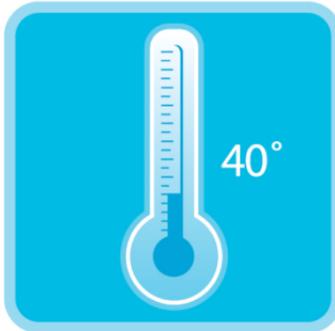


Chill.

Bacteria spreads fastest at temperatures between 40 °F and 140 °F, so chilling food properly is one of the most effective ways to reduce the risk of foodborne illness.



be food safe.



chill

refrigerate promptly

- **CHILL** leftovers and takeout foods within 2 hours.
- **KEEP** the fridge at 40 °F or below and use an appliance thermometer.
- **THAW** meat, poultry, and seafood in the fridge, not on the counter, and don't overstuff the fridge.

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