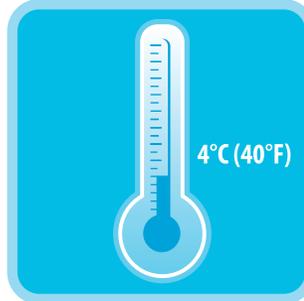


Chill.

Bacteria multiply fastest at temperatures between 4°C (40°F) and 60°C (140°F), so chilling food properly is one of the most effective ways to reduce the risks of foodborne illness.



be food safe.



chill
refrigerate promptly

- **CHILL** leftovers and takeout food within 2 hours.
- **KEEP** the fridge at 4°C (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.

