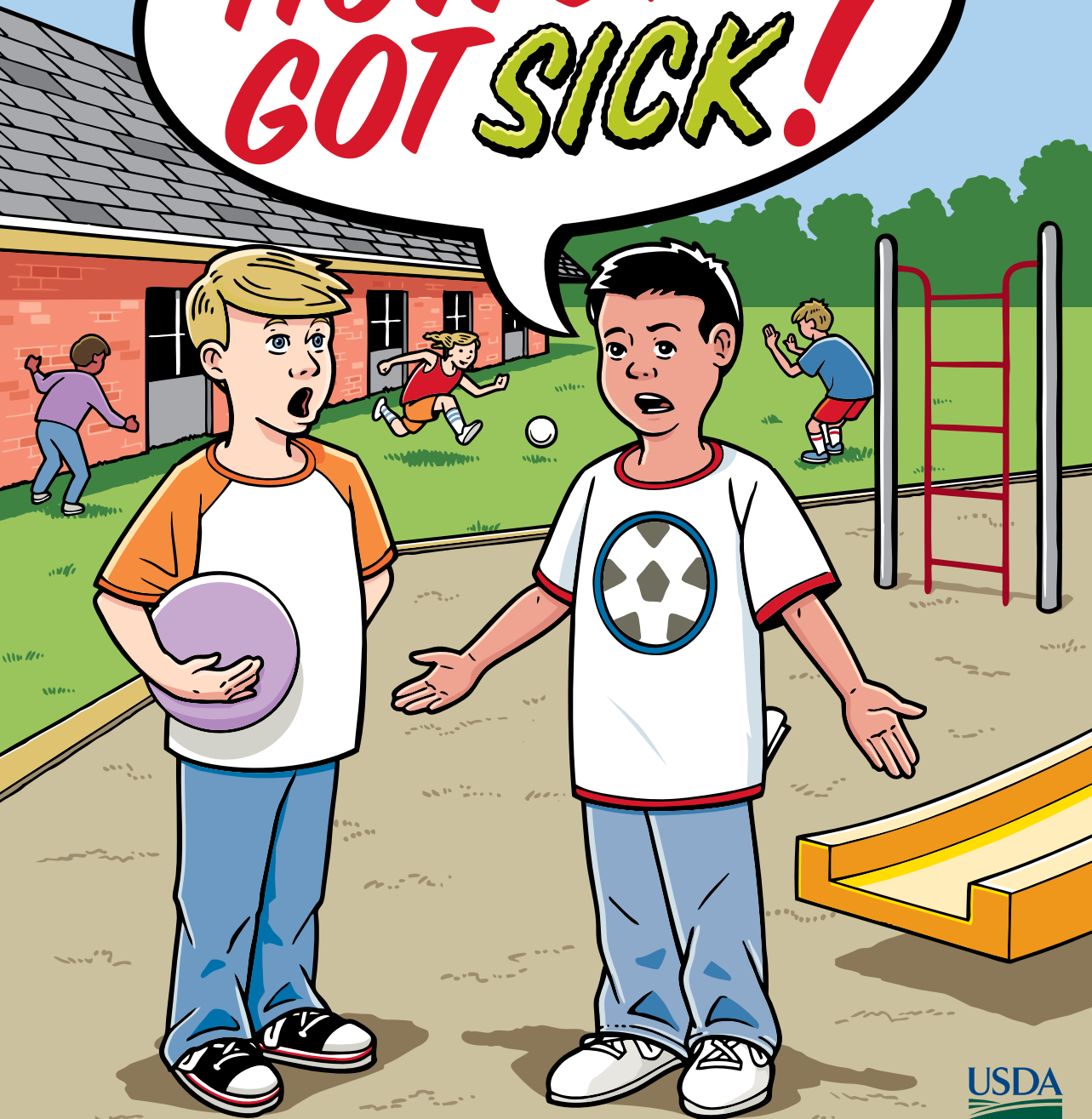
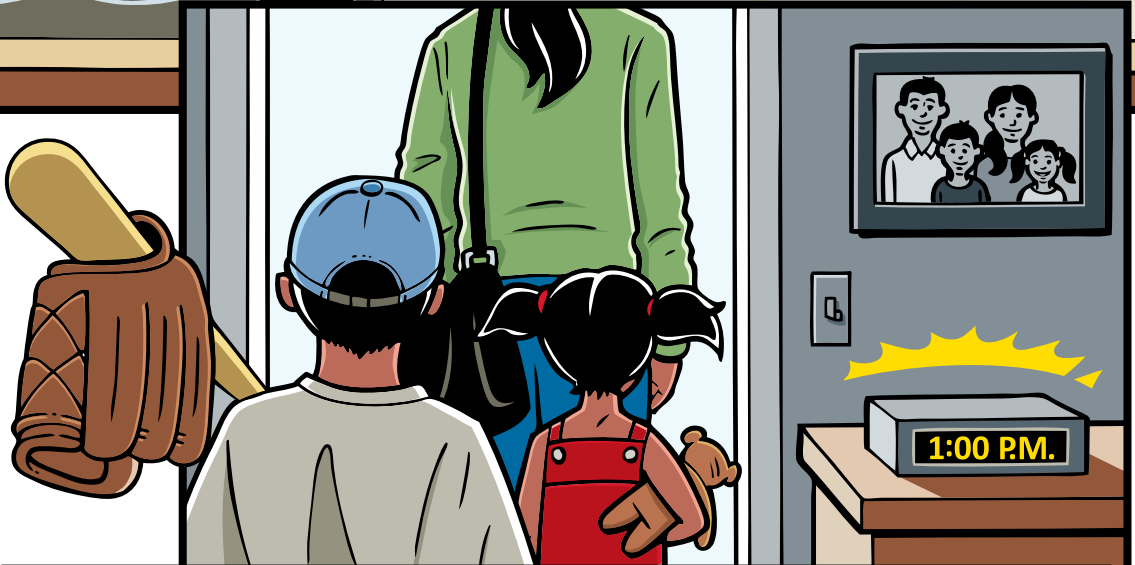
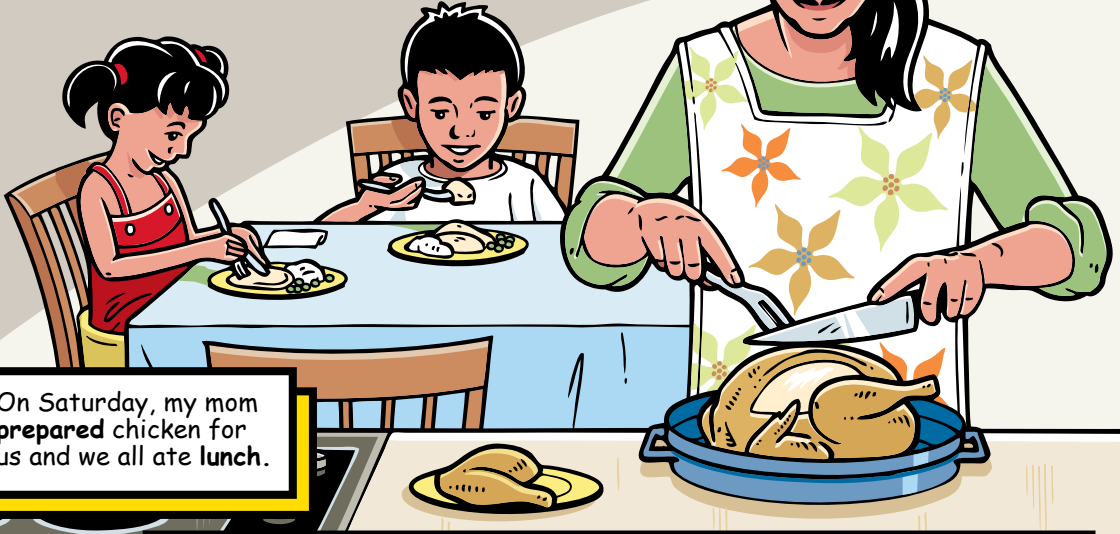
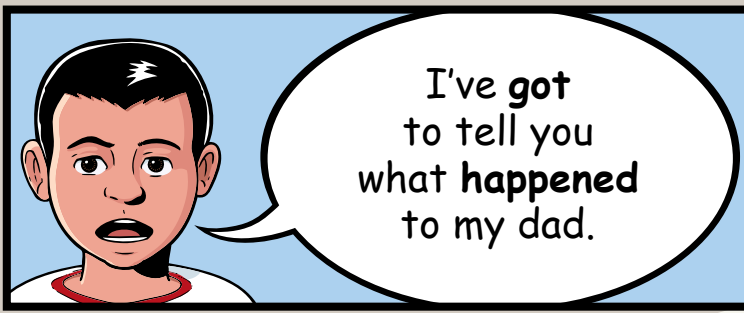


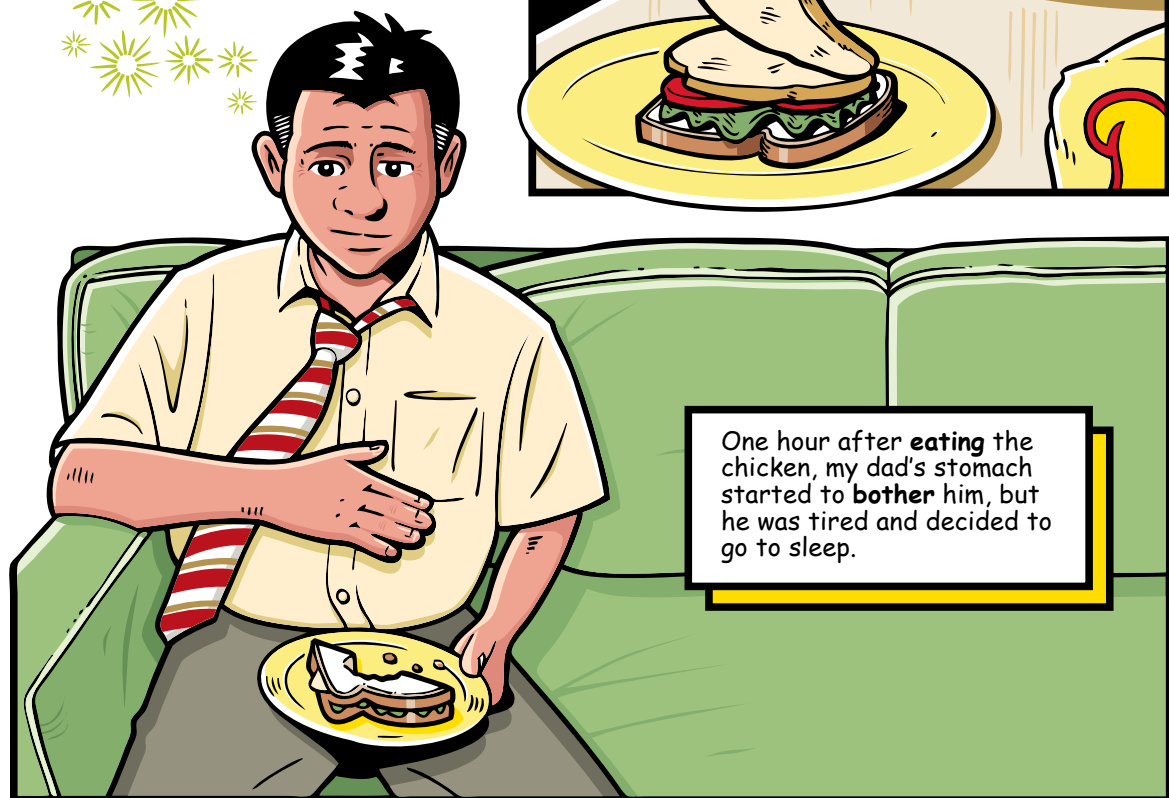
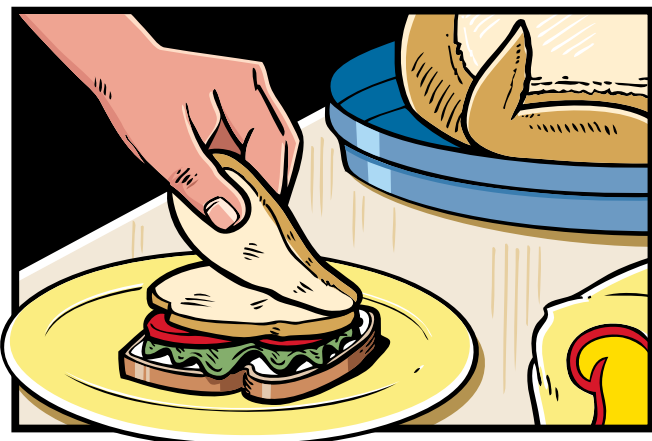
LET ME TELL YOU  
**HOW DAD  
GOT SICK!**

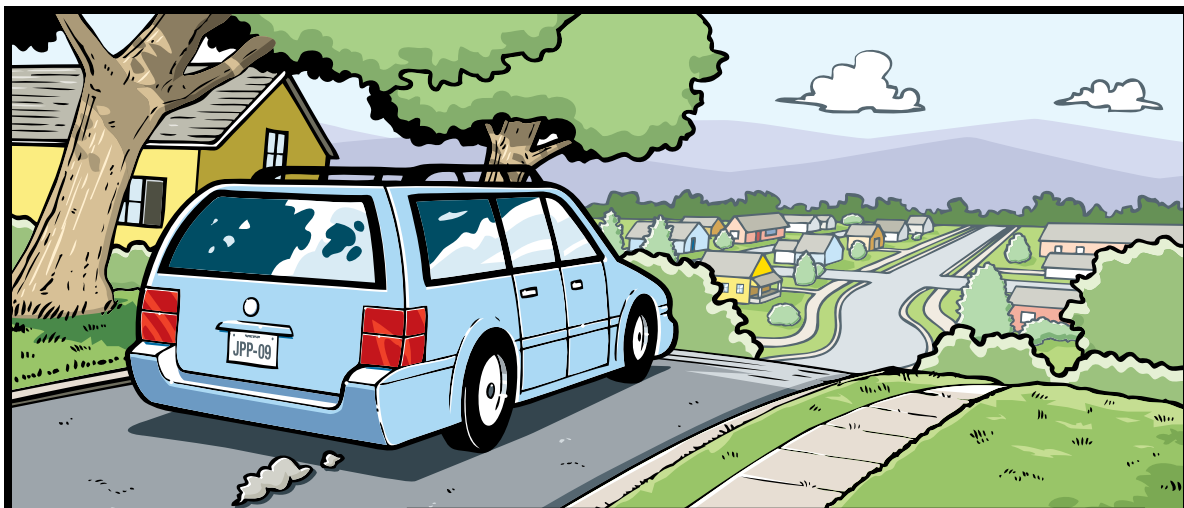




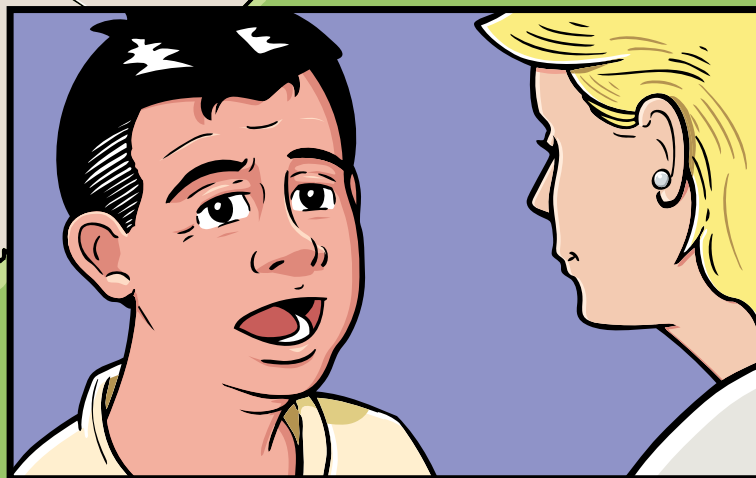
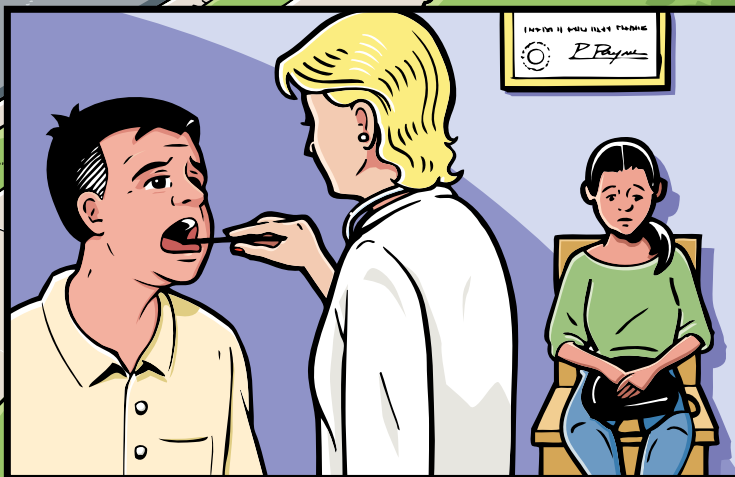


Dad was **hungry**, so he made a sandwich with the leftover chicken.

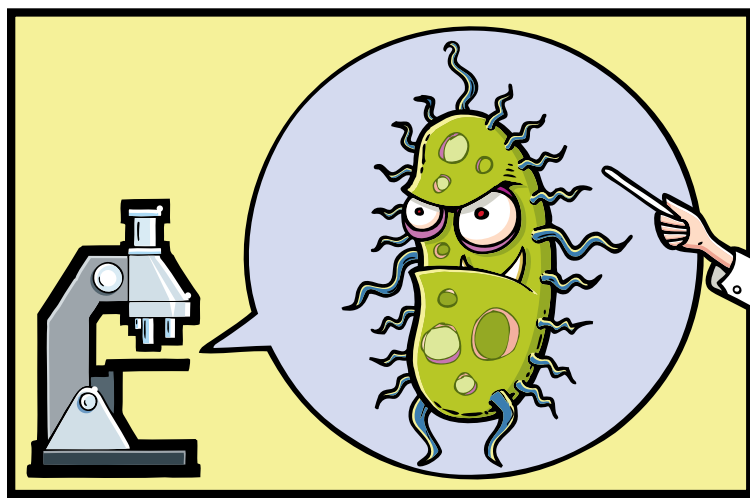
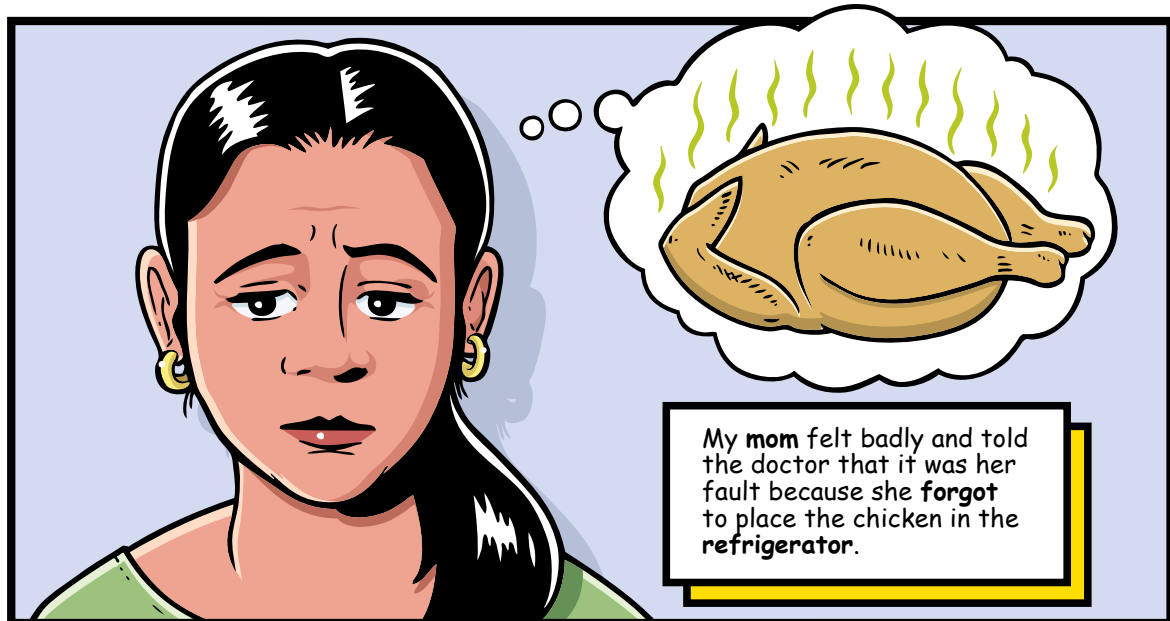




During the night, my dad was **throwing up**, had **stomach cramps**, and went to the bathroom a lot. The next day, we drove him to the doctor.



My dad **told** the doctor about the cooked chicken he **ate** last night that was left on the table. The doctor said he **probably** got sick from the food.

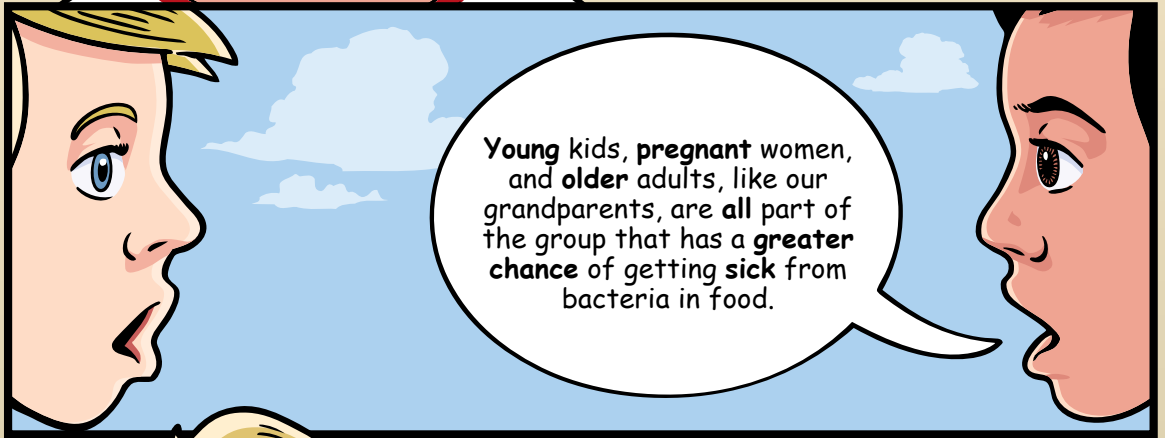


The doctor told my mom: "What **caused** the problem was **dangerous bacteria** that grow very **fast** on food left out of the refrigerator for more than 2 hours. You cannot tell if food is still safe just by looking at it because you can't see, smell, or taste harmful bacteria. Next time, **refrigerate** chicken **within 2 hours** after **cooking** it."

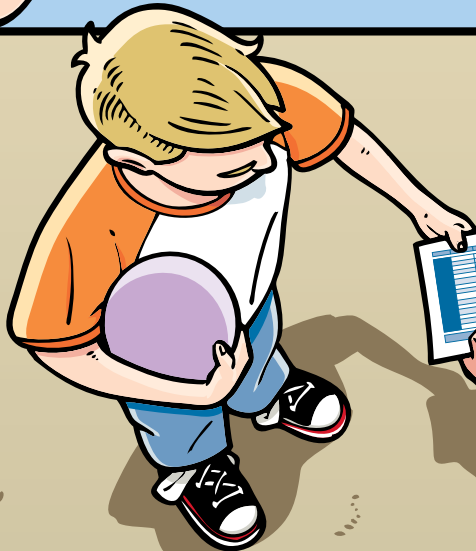




My dad got **well** in a couple of days, but the doctor explained that **some** people could get more seriously ill than **others** and could even end up in the **hospital**!



**Young** kids, **pregnant** women, and **older** adults, like our grandparents, are **all** part of the group that has a **greater** chance of getting sick from bacteria in food.



She **also** gave us some information on how to **handle** food at home and how to store food **safely**.



**LOOK!**

# USDA's Refrigerator Storage Chart

**Cold Storage:** These time limits will help keep refrigerated food from spoiling or becoming unsafe to eat. Because freezing keeps food safe indefinitely, recommended freezer storage times are for quality only.

FOOD TYPE	PRODUCT	REFRIGERATOR (40 °F or below)	FREEZER (0 °F or below)
<b>HAMBURGER &amp; OTHER GROUND MEATS</b>	Ground turkey, chicken, pork, veal	1–2 days	3–4 months
	Hamburger & stew meat	1–2 days	3–4 months
<b>FRESH BEEF, VEAL, LAMB, PORK</b>	Steaks	3–5 days	6–12 months
	Chops	3–5 days	4–6 months
	Roasts	3–5 days	4–12 months
<b>FRESH POULTRY</b>	Chicken, turkey, duck — whole	1–2 days	1 year
	Chicken, turkey, duck — pieces	1–2 days	9 months
<b>COOKED POULTRY</b>	Fried chicken	3–4 days	4 months
	Cooked poultry casseroles	3–4 days	4–6 months
	Chicken nuggets, patties	3–4 days	1–3 months
<b>MEAT LEFTOVERS</b>	Cooked meat & meat casseroles	3–4 days	2–3 months
	Gravy & meat broth	3–4 days	2–3 months
<b>HAM</b>	Ham, fully cooked — whole	7 days	1–2 months
	Ham, fully cooked — half	3–5 days	1–2 months
	Ham, fully cooked — slices	3–4 days	1–2 months
	Canned, labeled “Keep Refrigerated”, <i>opened</i>	3–5 days	1–2 months
	Canned, labeled “Keep Refrigerated”, <i>unopened</i>	6–9 months	Don't freeze
	Canned, shelf stable	2 years at room temperature	
<b>HOT DOGS &amp; LUNCHEON MEATS</b>	Hot Dogs, <i>opened package</i>	1 week	1–2 months
	<i>unopened package</i>	2 weeks	1–2 months
	Luncheon meats, <i>opened package</i>	3–5 days	1–2 months
	<i>unopened package</i>	2 weeks	1–2 months
<b>BACON &amp; SAUSAGE</b>	Bacon	7 days	1 month
	Sausage, raw — from pork, beef, turkey, chicken	1–2 days	1–2 months
	Smoked breakfast links, patties	7 days	1–2 months
<b>FROZEN DINNERS &amp; CASSEROLES</b>	Keep frozen until ready to serve		3–4 months
<b>SOUPS &amp; STEWS</b>	Vegetable or meat added	3–4 days	2–3 months
<b>EGGS</b>	Fresh, in shell	3–5 weeks	Don't freeze
	Hard cooked	7 days	Doesn't freeze well
	Egg substitutes, liquid, <i>opened</i> liquid, <i>unopened</i>	3 days 10 days	Don't freeze 1 year
<b>SALADS</b>	Store-prepared (or homemade) egg, chicken, ham, turkey, macaroni salads	3–5 days	Doesn't freeze well
<b>MAYONNAISE (COMMERCIAL)</b>	Refrigerate after opening	2 months	Don't freeze

**WHEN IN DOUBT, THROW IT OUT!**

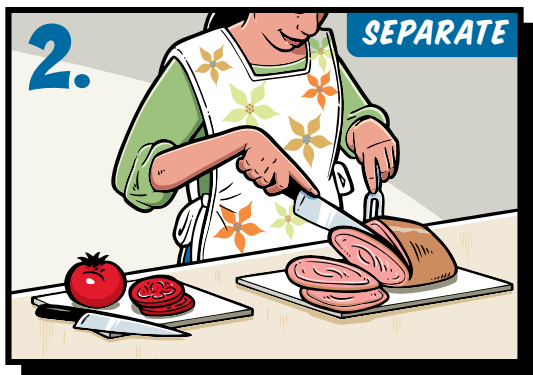
USDA Meat & Poultry Hotline  
1-888-MPHotline (1-888-674-6854)  
Visit “AskKaren” at [AskKaren.gov](http://AskKaren.gov)



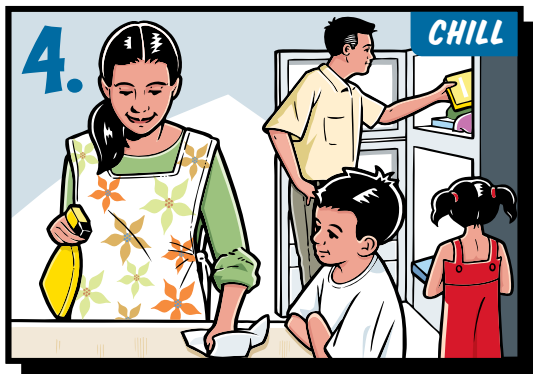


Follow these  
four simple steps to  
prevent foodborne  
illness, and  
**BE FOOD SAFE!**

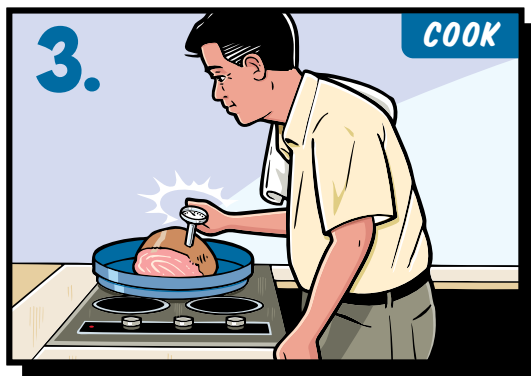
Keep **raw** meat, poultry, and seafood **away** from ready-to-eat food, **fruits**, and **vegetables**.



Place **leftovers** in the **refrigerator**, at 40 °F (4.4 °C) or below, within 2 hours; 1 hour if temperatures are **above** 90 °F (32.2 °C).



**Cook** food to **safe** internal temperatures. Use a food thermometer to **check** the internal temperature. To find a list of internal temperatures, visit FSIS' Web site, at [www.fsis.usda.gov](http://www.fsis.usda.gov).



# THE END



United States Department of Agriculture  
Food Safety and Inspection Service  
[www.fsis.usda.gov](http://www.fsis.usda.gov)

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August 2009