

Safe Food Handling

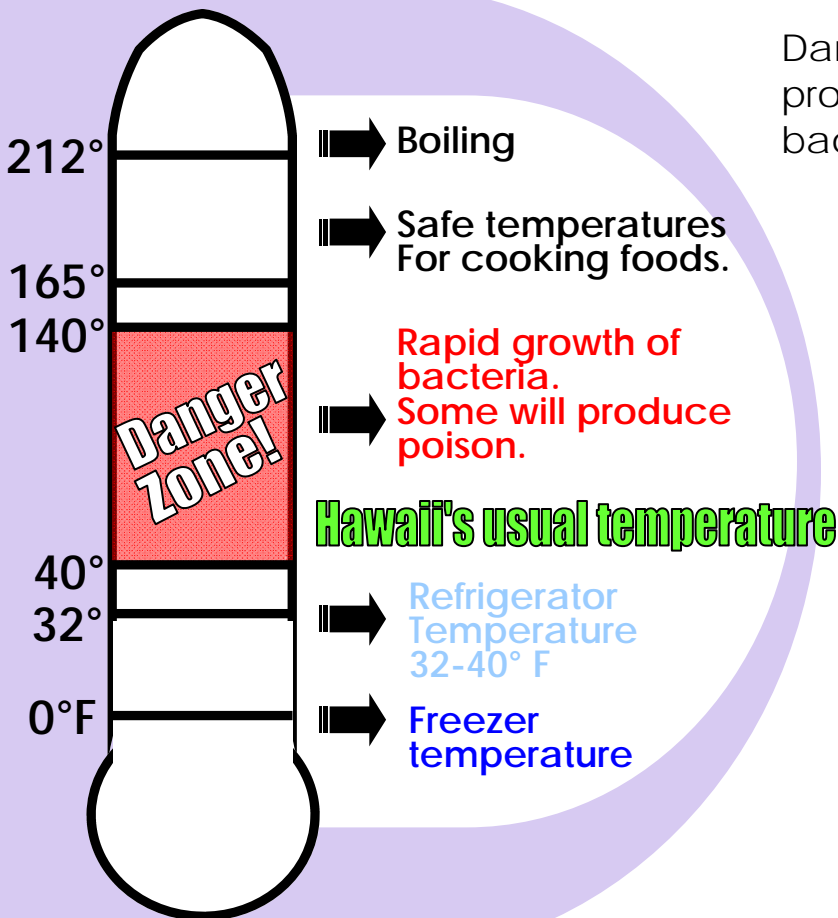
Storing

Store foods as soon as you get home.

Freeze fresh meat, poultry or fish right away if you can't use it within 3 days.

Refrigerator: 40° F or below

Freezer: 0° F or below



Pests, Germs, and Bacteria

Keep hot foods hot and cold foods cold!

Food poisoning symptoms include nausea, vomiting, diarrhea, fever, headache and cramps.

Food borne diseases include Staphylococcus, Salmonella, Botulism, and E. coli.

Danger zone of 40° F to 140° F promotes rapid growth of bacteria.

Power Outage

Keep refrigerator door closed. Without power, the refrigerator section can keep food cool for 4-6 hours, when the refrigerator is not opened.

Without power, the freezer section may keep food frozen for about 2 days, a freezer half full about 1 day. Keep door closed.

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For NEW-SNAP-Ed nutrition education programs, contact the University of Hawaii Cooperative Extension Service at 1955 East-West Road, Agricultural Science Building 306, Honolulu, Hawaii 96822; (808) 956-4124



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