Bacteria can grow quickly on perishable foods that are left in the Danger Zone for more than 2 hours.

If room temperature is over 90°F, perishable food should not be out more than 1 hour.

What about leftovers?

- Refrigerate food quickly
- Use low, shallow containers to cool food faster, and avoid stacking containers in the freezer or refrigerator

When in doubt, throw it out

- Eat refrigerated leftovers within 3-4 days
- Otherwise, freeze your food and eat it later!