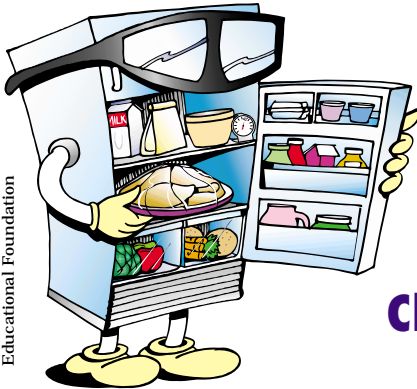


# CHILL OUT!



**Cold temperatures keep most harmful bacteria from multiplying, so be sure to refrigerate or freeze foods quickly and follow these tips!**

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## The Top 3 Chilling Tips

**1 40 °Fahrenheit, That's Right!**  
Make sure the temperature in your home refrigerator is 40 °F or below and 0 °F or below in the freezer. Check the temperature occasionally with a refrigerator/freezer thermometer.

**2 Avoid the Pack Attack**  
Don't overpack the refrigerator. Cold air must circulate to help keep food safe.

**3 Cool Rule**  
Refrigerate or freeze perishables, prepared food, and leftovers within 2 hours of shopping or preparing. The time limit is 1 hour if the temperature is 90 °F or higher. When traveling or before outdoor events, keep frozen or perishable foods chilled in the freezer or refrigerator until you're ready to go.

## Just the Facts, Ma'am

Here are some common misconceptions about refrigeration and defrosting, along with *just the facts!*

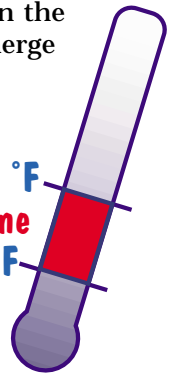
**Myth:** *It will harm my refrigerator or ruin other foods if I put hot food inside, so I should let food cool first.*

**Fact:** It's not true. Hot food will not harm your refrigerator nor ruin other foods. In fact, prompt refrigeration of foods will keep your food and *you* safer. For quicker cooling, divide large quantities of food into shallow containers before refrigerating.

**Myth:** *I can safely thaw food on my kitchen counter at room temperature.*

**Fact:** Remember, bacteria grow rapidly at room temperature, and you should avoid keeping foods in the **Danger Zone** — the unsafe temperatures between 40 °F and 140 °F. To keep food safe, always follow the **Thaw Law**: Never defrost food at room temperature. Thaw food in the refrigerator. You can also submerge food in cold water in airtight packaging or thaw food in the microwave if you'll be cooking it immediately.

140 °F  
**Danger Zone**  
40 °F





## Favorite Summer Salads . . .

- Before preparing delicious fruit or vegetable salads, **thoroughly wash all fruits and veggies under running water**. For best quality and to ensure food safety, **immediately refrigerate any fresh-cut items**.
- Many salads contain a variety of ingredients that could create an inviting environment for harmful bacteria. The must-chill list for some savory salads includes foods such as: **meat, poultry, seafood, pasta, fresh-cut fruits and veggies, and dairy products**.

Here's a  
**CHILLY**  
recipe to  
cool your  
taste buds!

### CHOCOLATE ALMOND MOUSSE

(Yield: 8 servings)

#### Ingredients

- ¾ cup of milk
- 4 eggs
- ¼ cup of sugar
- 1 package (6 oz.) of semi-sweet chocolate pieces
- 1 teaspoon of vanilla
- ½ teaspoon of almond extract
- 2 to 3 tablespoons of slivered almonds



#### Directions

- In medium saucepan, stir together milk, eggs, and sugar until thoroughly blended.
- Cook over low heat, stirring constantly, until mixture is thick enough to coat a metal spoon with a thin film and reaches at least 160 °F.
- Remove from heat. Stir in chocolate and flavorings and continue to stir until the chocolate is melted.
- Spoon into 8 pot-de-crème cups or ¼ cup dessert dishes.
- Sprinkle with almonds. Refrigerate for several hours or overnight.

Have a **N-ICE** time keeping foods chilled!



If you have questions or concerns about food safety, contact:

- The **Fight BAC!**® Web site at: [www.fightbac.org](http://www.fightbac.org)
- The **U.S. Department of Agriculture (USDA) Meat and Poultry Hotline** at (800) 535-4555 or (202) 720-3333 (Washington, DC area). The TTY number for the hearing impaired is (800) 256-7072. [www.fsis.usda.gov](http://www.fsis.usda.gov)
- The **U.S. Food and Drug Administration (FDA) Food Information Line** at (888) SAFE FOOD. [www.cfsan.fda.gov](http://www.cfsan.fda.gov)