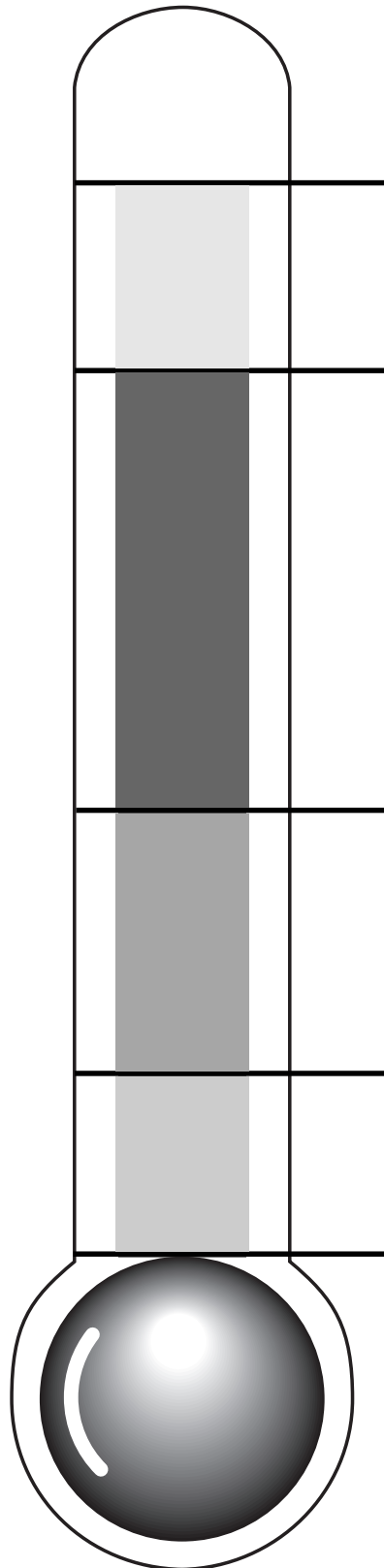


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# Temperature Guide to Food Safety



212°F

Water Boils

140°F

*Do **NOT** leave food in this temperature range for more than 2 hours*

## DANGER ZONE

40°F

Safe Refrigerator Temperature

*Thaw foods in the refrigerator*

32°F

0°F

Safe Freezer Temperature

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# 3 Rules of Food Safety

1. Keep it clean.
2. Keep it cold.
3. Keep it hot.

**And don't you dare  
eat what's not.**

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