

Food Safety Basics

Certain foods require special attention to time and temperature control (described below) in order to remain safe to consume:

- milk and dairy products
- eggs
- meat (beef, pork, and lamb)
- poultry
- fish, shellfish and crustaceans
- baked potatoes
- tofu or other soy protein
- sprouts and sprout seeds
- sliced melons
- cut tomatoes
- cut leafy greens
- untreated garlic-and-oil mixtures
- cooked rice, beans, and vegetables

Avoid the Danger Zone!

- The temperature danger zone (41°F—135°F) is the range in which pathogens grow fastest.
- Meat, poultry, fish, shellfish, and dairy products, whether cooked or uncooked, should not be left in the temperature danger zone for more than one hour.
- Any cooked vegetable, starch, or grain products including rice, pasta, and potatoes should not be left in the temperature danger zone for more than one hour.
- Cut fresh fruits and vegetables should not be left in the temperature danger zone for more than two hours.
- Frozen products should not remain in the temperature danger zone for more than four hours over the product's lifetime.

What Not to Consume or Serve

Cans and Jars:

- Leaking or stained
- Swollen can
- Rusty
- Badly dented, crimped, or pinched
- Cracked
- Foul odor
- Safety seals are broken or missing
- Lids are loose or missing
- Food exhibits change in color or odor—never taste suspicious foods!

Boxes:

- Inside bag is torn or leaking
- Has moldy or foreign objects inside
- Seals are ripped
- Without an inside bag
- Is open or torn
- Has live or dead insects, webs, or droppings
- Is stained or wet

Keep Hot Foods Hot & Cold Foods Cold

Cold foods must be maintained at 41° or less.
Hot food must be maintained at 135° or above.

Visit [foodsafety.gov](https://www.foodsafety.gov) for more food safety tips.

