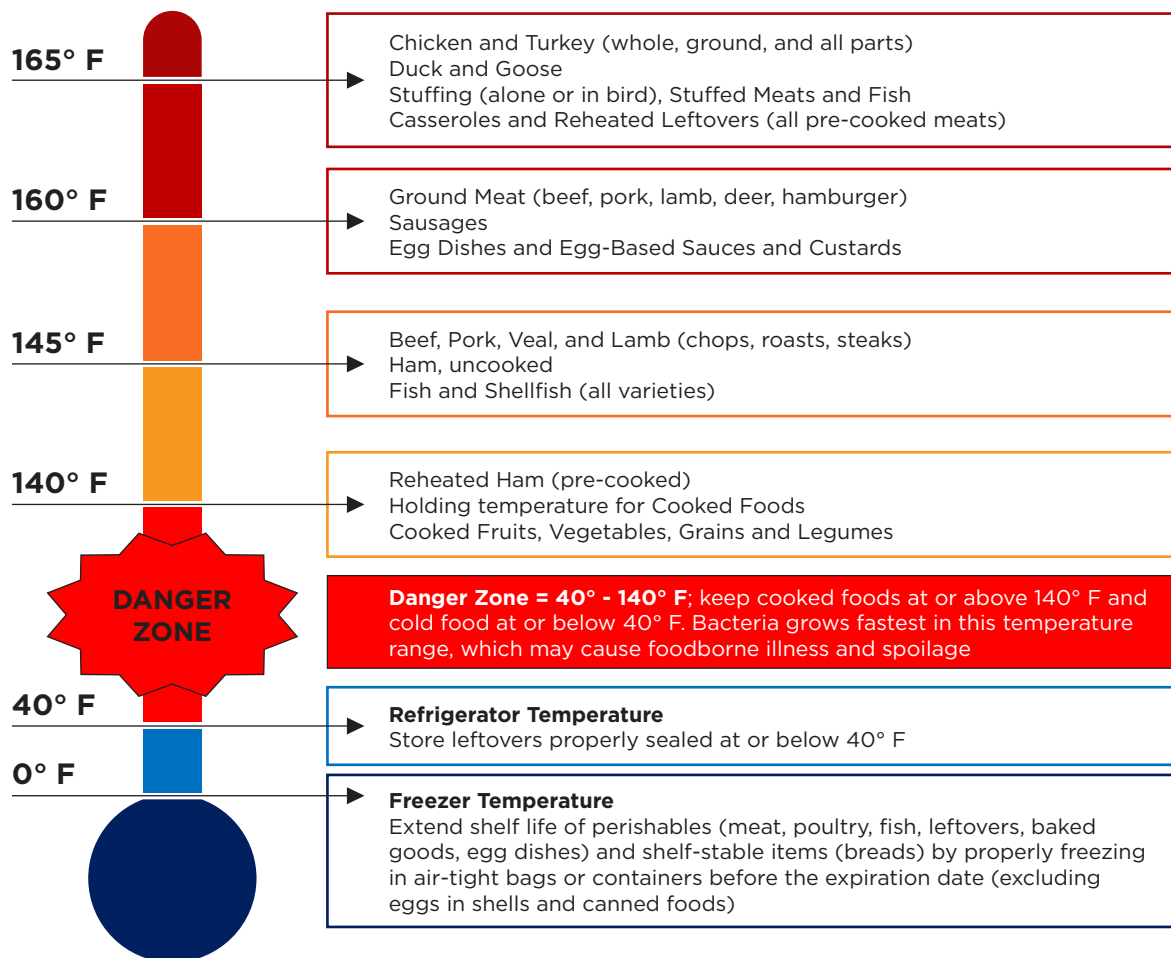




## FOOD SAFETY CHEAT SHEET



*\*Always check packaging for heating instructions & temperatures, as items may vary or require higher cooking temperatures.*

### Additional Items to Consider:

- Refrigerate or freeze perishables, prepared foods and leftovers within two hours of purchase or use.
- Never defrost food at room temperature. Thaw food in the refrigerator and use within 1-2 days. If cooking immediately: quick thaw in microwave or enclose in airtight packaging and submerge in cold water.
- Always marinate foods in the refrigerator.
- Store leftovers in shallow containers for quicker cooling and proper storage.

For more information on Food Safety, visit the MN Department of Health website ([state.mn.us](http://state.mn.us))