



## Multiple-choice

### Q: When it comes to chilling food what is the "2-hour rule"?

A. The longest amount of time you can leave

B. The maximum length of time that food C. The time it takes to make ice cubes? should be left at room temperature? the refrigerator door open?

The correct answer is B. It's important to refrigerate or freeze perishables, prepared foods and leftovers within two hours

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slows down bacterial growth which helps Keeping food cold (at or below 4°C/40°F) reduce the risk of foodborne illness.

## Multiple-choice

Q: The best way to cool leftovers, such as chili or soup, is to:

B. Place the whole pot in the refrigerator? C. Leave the pot on the stove overnight to A. Divide the leftovers into shallow let it cool down? containers for quicker cooling?

The correct answer is A. Food cools containers. growth which helps to reduce the risk of Cooling food quickly slows down bacteria faster when you divide it into shallow foodborne illness.

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### Chill

### Question and Answer

- Q: Should meat and seafood be marinated on the counter at room temperature?
- A: No. Always marinate food, covered, in the refrigerator. Keeping food cold (at or below 4°C/40°F) slows down bacterial growth which helps reduce the risk of foodborne illness.

### **Chill**

### True or False?

- Q: Defrosting meat, seafood and prepared foods (e.g. lasagna) at room temperature is safe.
- A: False. It's not safe to defrost at room temperature. The best way to defrost food is to thaw it in a covered container on the bottom shelf of the refrigerator. Keeping food cold (at or below 4°C/40°F) slows down bacterial growth which helps reduce the risk of foodborne illness.

## True or False?

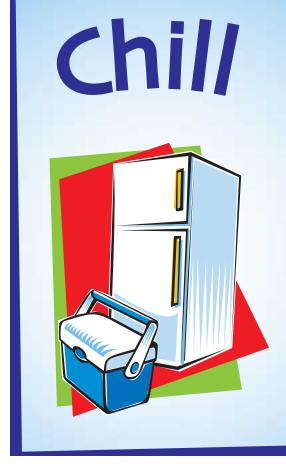
Q: The best way to keep the up with a lot of food refrigerator cold is to fill it

A: False. The best way to keep food in air can circulate around the food and up. By leaving some room, the cold the refrigerator cold is not to fill it











### True or False?

Q: When shopping at the grocery store, you should pick up the cold and frozen items first, then shop for the other foods, like dry goods

≥ False. It's best to pick up non-perishables Keeping food cold (at or below 4°C/40°F) (refrigerated and frozen items) last. etc.) first, then pick up the perishables (dry goods, e.g. cans, jars, pasta, flour, slows down bacterial growth which helps reduce the risk of foodborne illness

# Question and Answer

Q: Should you eat leftover pizza that you left out on the counter

No. Bacteria multiply rapidly at room with harmful organisms by looking at You can't tell if a food is contaminated temperature and can make you sick. it, smelling it or tasting it.

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so they're safe to eat the next day. Keeping bacterial growth which helps reduce the food cold (at or below 4°C/40°F) prevents refrigerate them within 2 hours or less, but the next time you have leftovers, You should throw out the pizza this time risk of foodborne illness

### Chill

### True or False?

Q: Refrigeration stops bacterial growth.

A: False. Refrigeration slows down but does not stop bacterial growth. Food can still go "bad" in the refrigerator.

You can't tell if a food is contaminated with harmful organisms by looking at it, smelling it or tasting it. Remember, when in doubt - throw it out!

### **Chill**

### Multiple-choice

Q: When travelling with food on a hot day, the best way to keep food chilled safely (at or below 4°C/40°F) is to:

> A. Keep food in the refrigerator or freezer until ready to leave?

> B. Use ice or frozen gel packs in the cooler where the food will be placed?

> C. Place the ice-filled cooler in the car with vou and not in the hot trunk?

D. All of the above?

A: The correct answer is D. These are all good tips to help keep the food cold. Keeping food cold slows down bacterial growth which helps reduce the risk of foodborne illness.

As an added precaution, you could put a refrigerator thermometer in with the food to check that the temperature is cold enough (at or below 4°C/40°F).

## Multiple-choice

Q: You've just gotten back from the away a carton of eggs. Where grocery store and you're putting should the eggs be stored?

C. In the main part of the refrigerator? B. On the door of the refrigerator? A. In the cupboard?

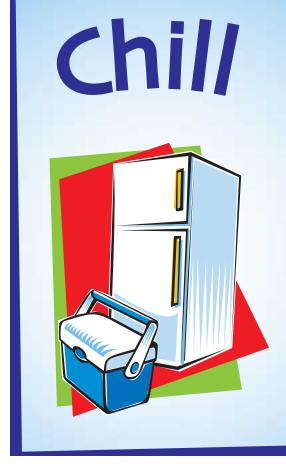
A: The correct answer is C. The best way to slows down bacterial growth which helps store eggs is to place them in the main Keeping food cold (at or below 4°C/40°F) the door area is often not cold enough. door even if you have an egg tray, since Do not place eggs on the refrigerator part of the refrigerator where it's coldest reduce the risk of foodborne illness.

date in sight and protects them from other nearby foods, keeps the best before from absorbing flavours and odours of Keeping eggs in the carton protects them











# Question and Answer

Q: Can you refreeze partially

thawed meat and seafood?

- ≥ Yes. But only food that still contains ice with harmful organisms that may make refreezing it. If the food has been left at then cook the thawed food before be re-frozen. If there are no ice crystals, crystals and feels refrigerator-cold should throw it out since it may be contaminated room temperature for more than 2 hours,
- The correct answer is C. By removing the turkey meat from the bones and by dividing Keeping food cold (at or below 4°C/40°F) food will cool down quicker in the refrigerator the leftovers into shallow containers, the slows down bacterial growth which helps reduce the risk of foodborne illness

### Chill

### Multiple-choice

- Q: How soon do leftovers have to be stored in the refrigerator?
  - A. Within 1 week?
  - B. Within a day?
  - C. Within 2 hours?
- A: The correct answer is C. Leftovers like food left over from dinner, potlucks, parties or picnics, and take out food or food from a restaurant doggy bag should all be refrigerated within 2 hours or less. Keeping food cold (at or below 4°C/40°F) slows down bacterial growth which helps

reduce the risk of foodborne illness.

**Chill** 

Multiple-choice

Q: What are the best ways to store your perishable lunch (e.g. meat or

> tuna sandwich, milk, leftovers, etc.)? A. In a paper or plastic bag on your desk? B. In any type of bag as long as it's in the

C. In an insulated lunch bag with a frozen

## Multiple-choice

Q: You've just finished a roast turkey dinner with all the trimmings and there's a lot of leftovers. How should you store the leftover turkey?

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Can you place hot food directly

into the refrigerator or freezer?

Yes. Hot food doesn't need to be cooled

shallow containers and cooled for 30

Very hot food should be portioned into

minutes at room temperature. You can

containers, cover and refrigerate or freeze

freezer. Just portion the food into shallow before you put it in the refrigerator or

down bacterial growth. Bacteria grow

The key is to cool food quickly to slow

bacterial growth which helps reduce the

risk of foodborne illness

cooled to 4°C (40°F) or lower as quickly as 60°C/40°F to 140°F) so food needs to be quickly in the danger zone (4°C to

possible. Keeping food cold slows down

them in the refrigerator or freezer. then cover the containers and place

- A. Place the whole leftover turkey in a Remove the turkey meat from the bones container and put it in the refrigerator? and place all of the turkey in one container
- Remove the turkey meat from the bones, divide the turkey into shallow containers cover and refrigerate? in the refrigerator?

- Question and Answer
- gel pack? A: The correct answers are B and C. Either way is correct as long as your lunch is kept cold, at or below 4°C (40°F). Keeping food cold slows down bacterial

growth which helps reduce the risk of

refrigerator?

foodborne illness.