

Chill



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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

## Multiple-choice

**Q:** When it comes to chilling food, what is the “2-hour rule”?

- A. The longest amount of time you can leave the refrigerator door open?
- B. The maximum length of time that food should be left at room temperature?
- C. The time it takes to make ice cubes?

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

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## Multiple-choice

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

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

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

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## 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.

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## True or False?

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

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

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## 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!

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## 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.

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

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## Question and Answer

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

**A:** No. Bacteria multiply rapidly at room temperature and can make you sick. You can't tell if a food is contaminated with harmful organisms by looking at it, smelling it or tasting it. You should throw out the pizza this time, but the next time you have leftovers, refrigerate them within 2 hours or less, so they're safe to eat the next day. Keeping food cold (at or below 4°C/40°F) prevents bacterial growth which helps reduce the risk of foodborne illness.

# 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 you 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).

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## Multiple-choice

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

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

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

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## 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.

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## 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 refrigerator?
- C. In an insulated lunch bag with a frozen 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 foodborne illness.

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## Question and Answer

**Q:** Can you refreeze partially thawed meat and seafood?

**A:** Yes. But only food that still contains ice crystals and feels refrigerator-cold should be re-frozen. If there are no ice crystals, then cook the thawed food before refreezing it. If the food has been left at room temperature for more than 2 hours, throw it out since it may be contaminated with harmful organisms that may make you sick.

# Chill

## 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?

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

**A:** The correct answer is C. By removing the turkey meat from the bones and by dividing the leftovers into shallow containers, the food will cool down quicker 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

## Question and Answer

**Q:** Can you place hot food directly into the refrigerator or freezer?

**A:** Yes. Hot food doesn't need to be cooled before you put it in the refrigerator or freezer. Just portion the food into shallow containers, cover and refrigerate or freeze. Very hot food should be portioned into shallow containers and cooled for 30 minutes at room temperature. You can then cover the containers and place them in the refrigerator or freezer.

The key is to cool food quickly to slow down bacterial growth. Bacteria grow quickly in the danger zone (4°C to 60°C/40°F to 140°F) so food needs to be cooled to 4°C (40°F) or lower as quickly as possible. Keeping food cold slows down bacterial growth which helps reduce the risk of foodborne illness.