

# Is Your Food Safe to Eat?

# 2 HOUR

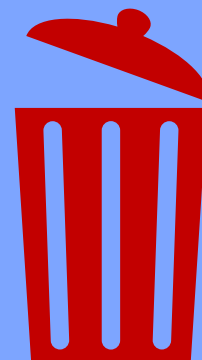
Follow the two hour rule!  
Food should not be kept  
at room temperature for  
more than two hours.



Use a food thermometer when you cook.  
Bring foods to their safe temperatures.  
Don't rely on color or texture alone.



Use **EXTRA PRECAUTIONS** if you are serving food to young children, older folks, or people with chronic diseases. These people are more susceptible to foodborne illnesses.



Eat, freeze, or **PITCH** leftovers after 4 days.