

2002

How Can I Keep My Kitchen Safe From Harmful Bacteria? Part 2

Charlotte Brennand

Follow this and additional works at: http://digitalcommons.usu.edu/extension_histall

 Part of the [Education Commons](#)

Warning: The information in this series may be obsolete. It is presented here for historical purposes only. For the most up to date information please visit [The Utah State University Cooperative Extension Office](#)

Recommended Citation

Brennand, Charlotte, "How Can I Keep My Kitchen Safe From Harmful Bacteria? Part 2" (2002). *All Archived Publications*. Paper 331. http://digitalcommons.usu.edu/extension_histall/331

This Article is brought to you for free and open access by the Archived USU Extension Publications at DigitalCommons@USU. It has been accepted for inclusion in All Archived Publications by an authorized administrator of DigitalCommons@USU. For more information, please contact dylan.burns@usu.edu.





A weekly question/answer column

How Can I Keep My Kitchen Safe From Harmful Bacteria?

Charlotte Brennand answers:*

(Fourth in a four-part series on food safety in the kitchen— CHILL)

Refrigerate foods quickly because cold temperatures keep harmful bacteria from growing and multiplying. So, set your refrigerator no higher than 40 degrees and the freezer unit at 0 degrees. Check these temperatures occasionally with an appliance thermometer. Also follow these steps:

- Refrigerate or freeze perishable prepared foods and leftovers within two hours. The sooner the better.
- Never defrost food at room temperature. Thaw food in the refrigerator, under cold running water or in the microwave. Marinate foods in the refrigerator.
- If food is thawed in a microwave, cook immediately afterwards.
- Divide large amounts of leftovers into shallow containers for quick cooling in the refrigerator.
- Don't pack the refrigerator. Cool air must circulate to keep food safe

* Charlotte Brennand is Utah State University Extension Food Safety Specialist