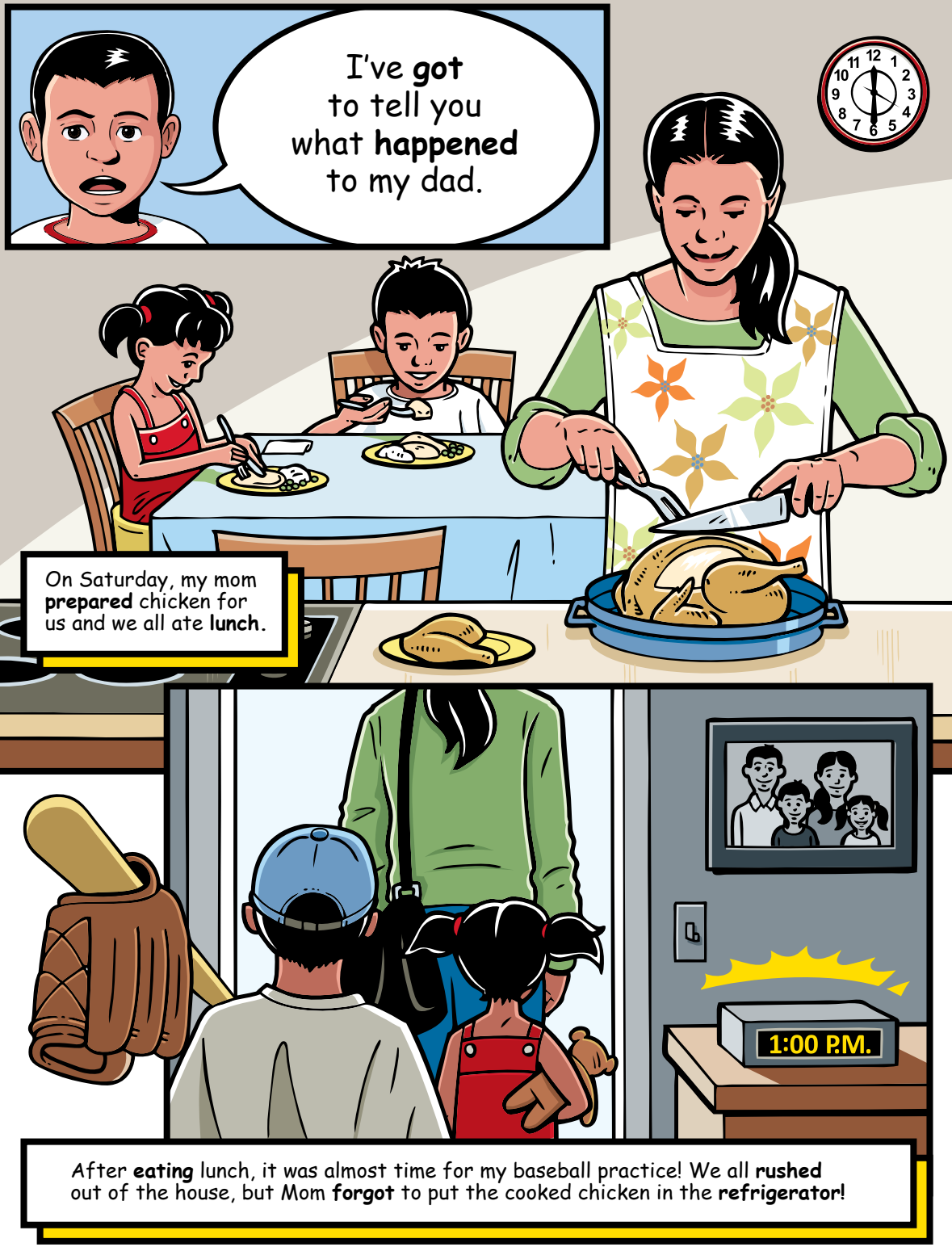
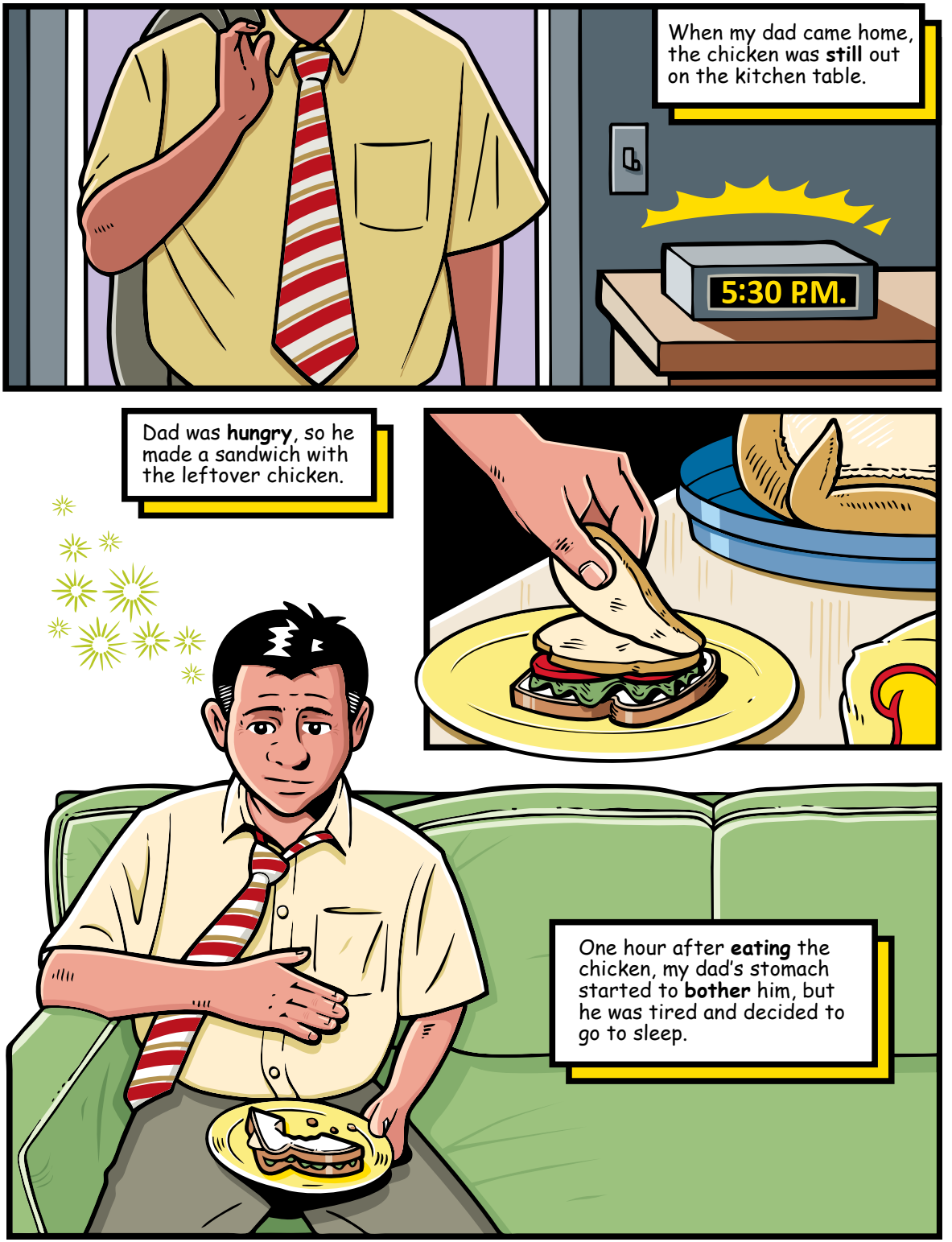
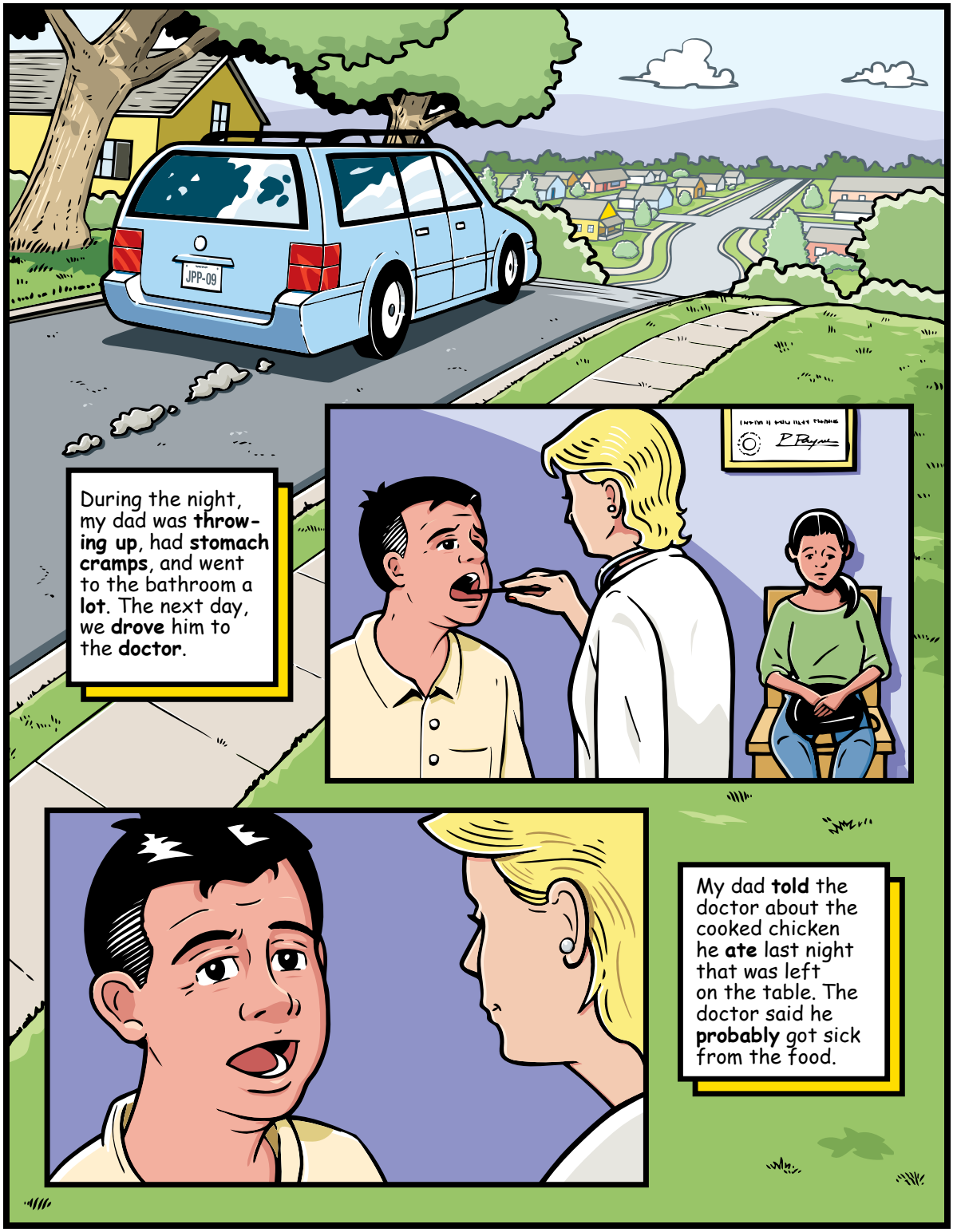
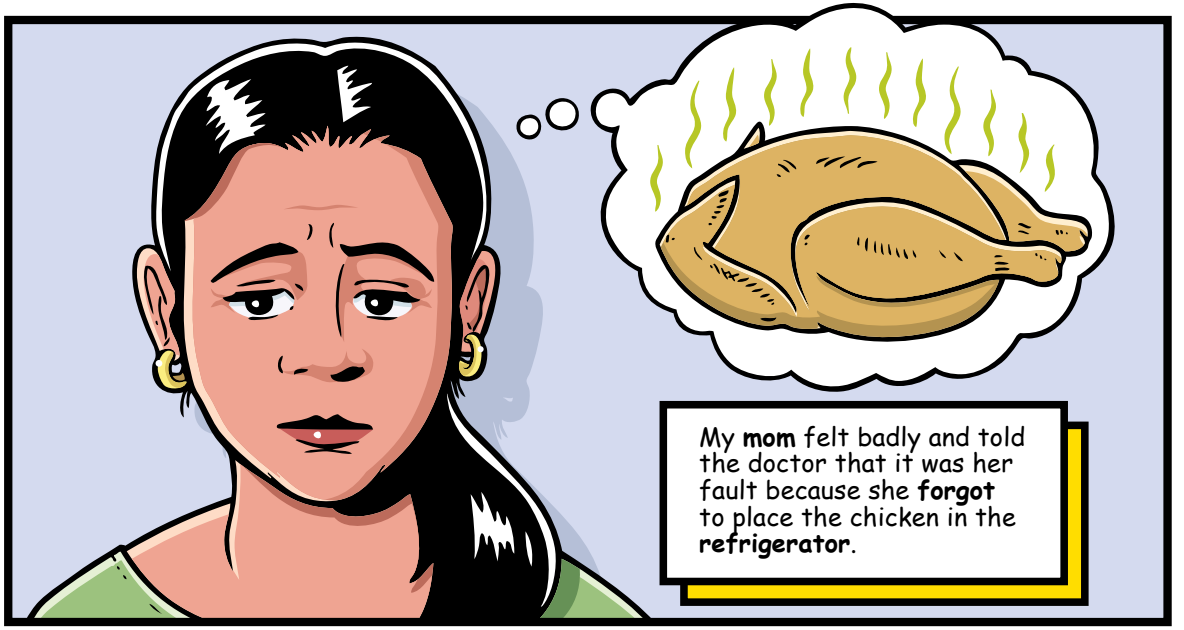
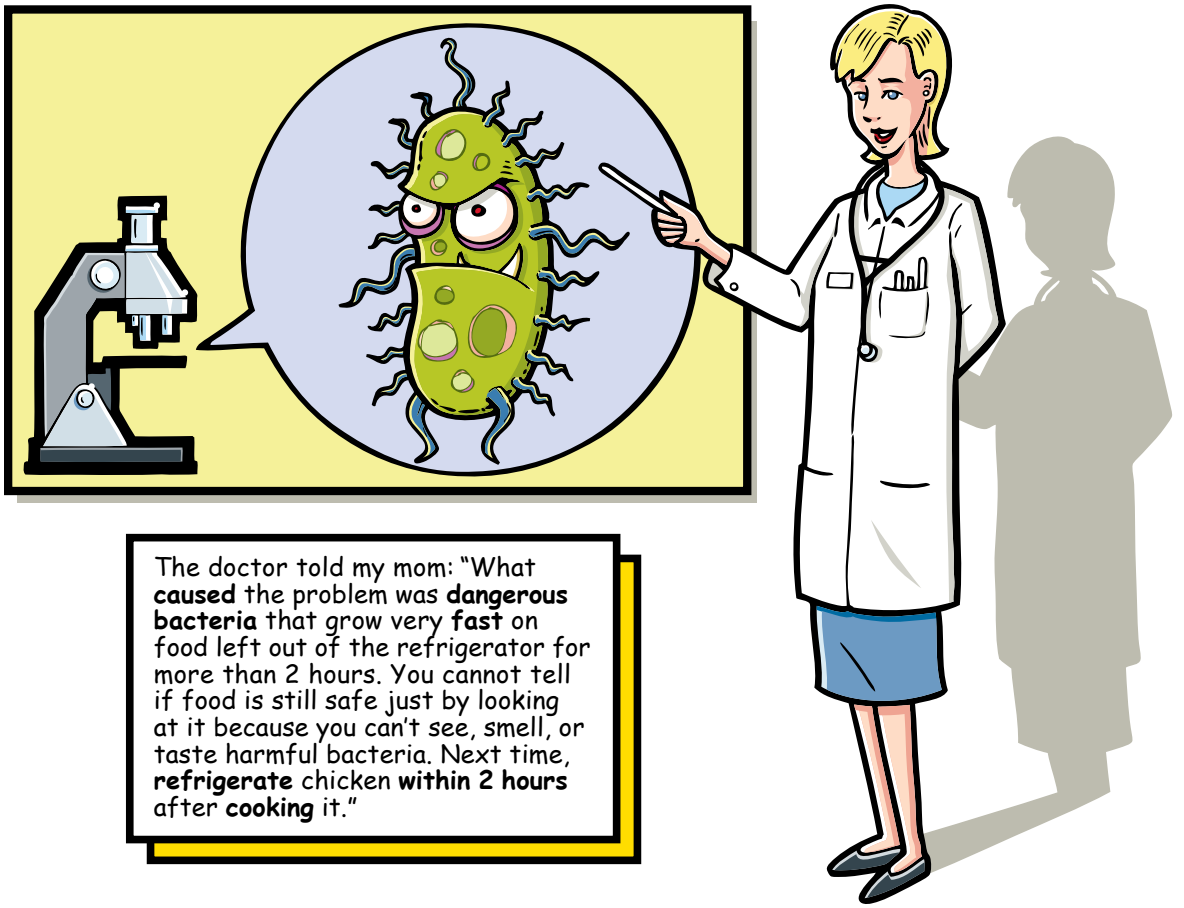
LET ME TELL YOU
HOW DAD GOT SICK!
USDA

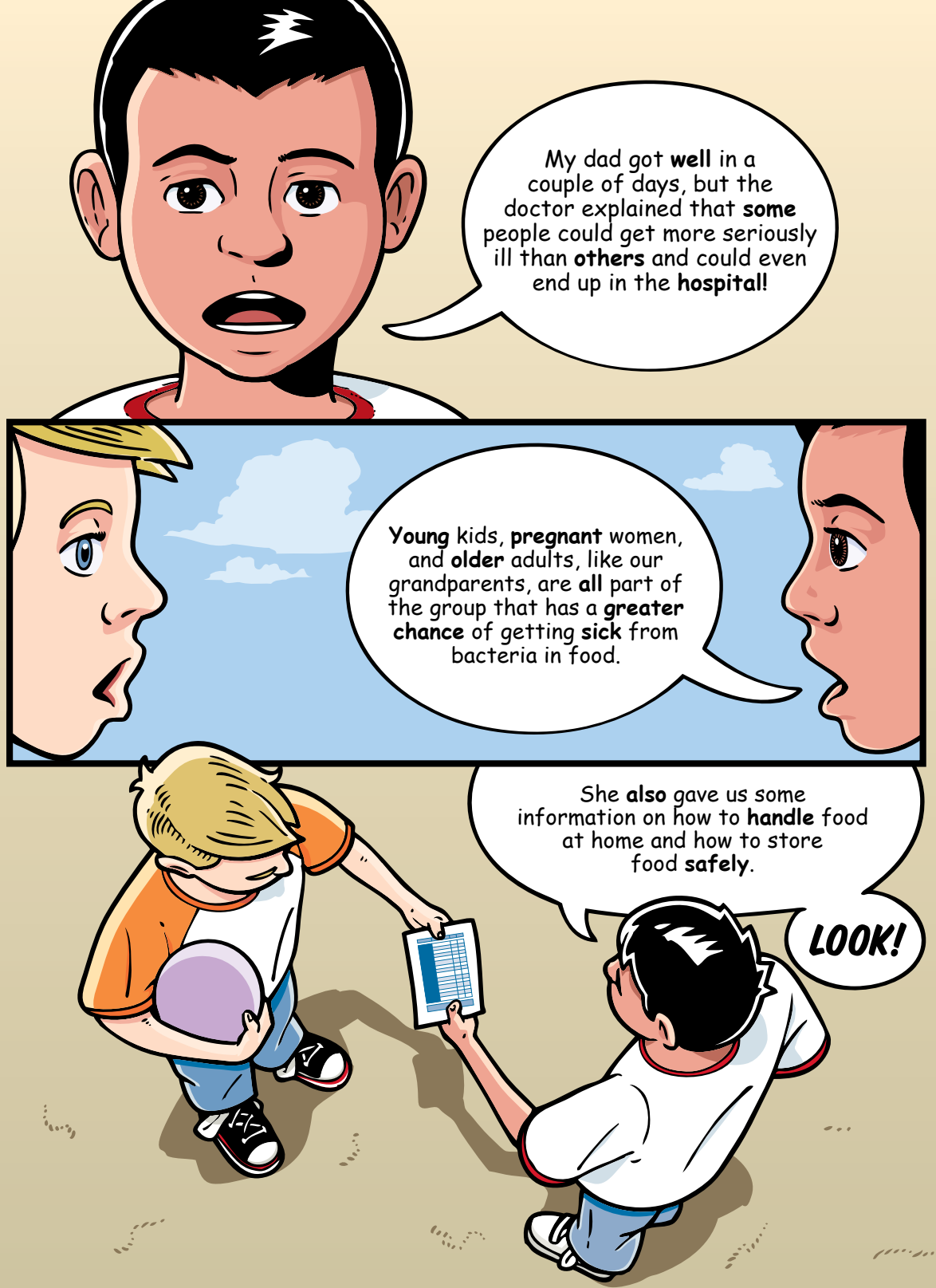

I've **got** to tell you what **happened** to my dad.
On Saturday, my mom **prepared** chicken for us and we all ate **lunch**.
1:00 P.M.
After **eating** lunch, it was almost time for my baseball practice! We all **rushed** out of the house, but Mom **forgot** to put the cooked chicken in the **refrigerator**!


When my dad came home, the chicken was **still** out on the kitchen table.
5:30 P.M.
Dad was **hungry**, so he made a sandwich with the leftover chicken.
One hour after **eating** the chicken, my dad's stomach started to **bother** him, but he was tired and decided to go to sleep.


JPP-09
During the night, my dad was **throwing up**, had **stomach cramps**, and went to the bathroom a **lot**. The next day, we **drove** him to the **doctor**.
My dad **told** the doctor about the cooked chicken he **ate** last night that was left on the table. The doctor said he **probably** got sick from the food.


My **mom** felt badly and told the doctor that it was her fault because she **forgot** to place the chicken in the **refrigerator**.


The doctor told my mom: "What **caused** the problem was **dangerous bacteria** that grow very **fast** on food left out of the refrigerator for more than 2 hours. You cannot tell if food is still safe just by looking at it because you can't see, smell, or taste harmful bacteria. Next time, **refrigerate** chicken **within 2 hours** after **cooking** it."


My dad got **well** in a couple of days, but the doctor explained that **some** people could get more seriously ill than **others** and could even end up in the **hospital**!
Young kids, **pregnant** women, and **older** adults, like our grandparents, are **all** part of the group that has a **greater chance** of getting **sick** from bacteria in food.
She **also** gave us some information on how to **handle** food at home and how to store food **safely**.
LOOK!

USDA's Refrigerator Storage Chart

Cold Storage: These time limits will help keep refrigerated food from spoiling or becoming unsafe to eat. Because freezing keeps food safe indefinitely, recommended freezer storage times are for quality only.

FOOD TYPE	PRODUCT	REFRIGERATOR (40 °F or below)	FREEZER (0 °F or below)
HAMBURGER & OTHER GROUND MEATS	Ground turkey, chicken, pork, veal	1–2 days	3–4 months
	Hamburger & stew meat	1–2 days	3–4 months
FRESH BEEF, VEAL, LAMB, PORK	Steaks	3–5 days	6–12 months
	Chops	3–5 days	4–6 months
	Roasts	3–5 days	4–12 months
FRESH POULTRY	Chicken, turkey, duck — whole	1–2 days	1 year
	Chicken, turkey, duck — pieces	1–2 days	9 months
COOKED POULTRY	Fried chicken	3–4 days	4 months
	Cooked poultry casseroles	3–4 days	4–6 months
	Chicken nuggets, patties	3–4 days	1–3 months
MEAT LEFTOVERS	Cooked meat & meat casseroles	3–4 days	2–3 months
	Gravy & meat broth	3–4 days	2–3 months
HAM	Ham, fully cooked — whole	7 days	1–2 months
	Ham, fully cooked — half	3–5 days	1–2 months
	Ham, fully cooked — slices	3–4 days	1–2 months
	Canned, labeled "Keep Refrigerated", *opened* Canned, labeled "Keep Refrigerated", *unopened*	3–5 days 6–9 months	1–2 months Don't freeze
	Canned, shelf stable	2 years at room temperature	
HOT DOGS & LUNCHEON MEATS	Hot Dogs, *opened package* *unopened package*	1 week 2 weeks	1–2 months 1–2 months
	Luncheon meats, *opened package* *unopened package*	3–5 days 2 weeks	1–2 months 1–2 months
BACON & SAUSAGE	Bacon	7 days	1 month
	Sausage, raw — from pork, beef, turkey, chicken	1–2 days	1–2 months
	Smoked breakfast links, patties	7 days	1–2 months
FROZEN DINNERS & CASSEROLES	Keep frozen until ready to serve		3–4 months
SOUPS & STEWS	Vegetable or meat added	3–4 days	2–3 months
EGGS	Fresh, in shell	3–5 weeks	Don't freeze
	Hard cooked	7 days	Doesn't freeze well
	Egg substitutes, liquid, *opened* liquid, *unopened*	3 days 10 days	Don't freeze 1 year
SALADS	Store-prepared (or homemade) egg, chicken, ham, turkey, macaroni salads	3–5 days	Doesn't freeze well
MAYONNAISE (COMMERCIAL)	Refrigerate after opening	2 months	Don't freeze

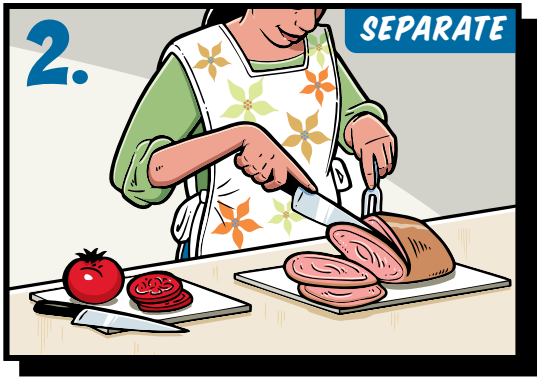
WHEN IN DOUBT, THROW IT OUT!

USDA Meat & Poultry Hotline
1-888-MPHotline (1-888-674-6854)
Visit **"AskKaren"** at **AskKaren.gov**

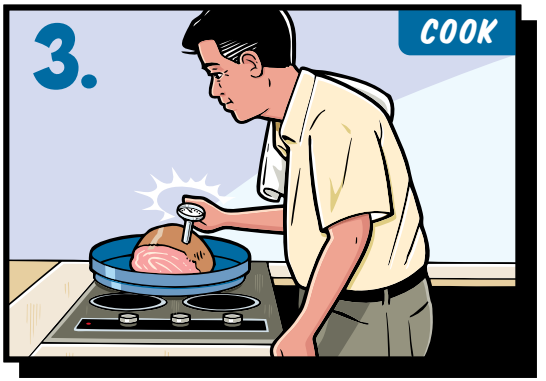
Follow **these** four simple steps to **prevent** foodborne illness, and ***BE FOOD SAFE!***

Wash your hands with **warm** water and soap for 20 seconds and **wash** surfaces often with **hot**, soapy water.

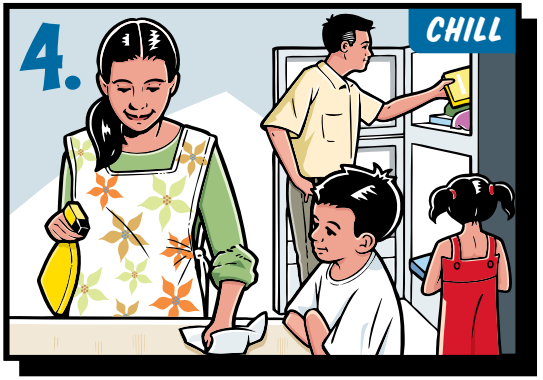
Keep **raw** meat, poultry, and seafood **away** from ready-to-eat food, **fruits**, and **vegetables**.



Cook food to **safe** internal temperatures. Use a food thermometer to **check** the internal temperature. To find a list of internal temperatures, visit FSIS' Web site, at **www.fsis.usda.gov**.



Place **leftovers** in the **refrigerator**, at 40 °F (4.4 °C) or below, within 2 hours; 1 hour if temperatures are **above** 90 °F (32.2 °C).



THE END

USDA
United States Department of Agriculture
Food Safety and Inspection Service
www.fsis.usda.gov

USDA is an equal opportunity provider and employer.

August 2009