



# Chill: Refrigerate Promptly

**Refrigerate perishable food quickly because cold temperatures keep harmful bacteria from growing. So, set your refrigerator at no higher than 38°F and the freezer unit at 0°F. Check these temperatures occasionally with a refrigerator/freezer thermometer. Then, Fight BAC! by following these steps.**

- Refrigerate or freeze perishable leftovers within two hours.
- Never defrost perishable foods at room temperature. Thaw them in the refrigerator, under cold running water, or in the microwave. Also, marinate perishable foods in the refrigerator.
- Divide large amounts of perishable leftovers into small, shallow containers for quick cooling in the refrigerator.
- Do not tightly pack the refrigerator. Cool air must circulate to keep food safe.

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