

AFTER-SCHOOL ACTIVITIES & FOOD SAFETY

Safety the Second Time Around



The busy school year has started for most families, and eating dinner together often takes a back seat to busy schedules. Whether music lessons, sports or other extra-curricular activities, parents often find they are serving dinner once, twice and sometimes three times in an evening.

If you're saving dinner for latecomers, remember these food safety tips:

- ✓ Leftovers should never sit at room temperature for longer than two hours.
- ✓ Instead of leaving dinner on the stove before reheating, store it in the fridge (set at 40°F or below according to a refrigerator thermometer) until family members are home and ready to eat.
- ✓ Leftovers should be reheated to 165°F. A food thermometer is the only reliable way to ensure safety and determine the doneness of cooked foods.
- ✓ And when it comes to leftovers: *When in doubt, throw it out!*

For more information about food safety, from facts and figures to what more you can do to prevent it, visit www.HomeFoodSafety.org.

