KEEP IT COOL FROM FARM TO FRIDGE
STOP BACTERIA FROM GROWING TO PREVENT FOODBORNE ILLNESS

To prevent bacteria from growing, control the:
1. **TEMPERATURE** of your food, and
2. **TIME** food spends outside of a safe temperature zone.

Foods susceptible to bacteria growth should not be in the temperature danger zone (41°F – 135°F) for more than 4 hours.

FOCUS ON KEEPING THESE FOODS SAFE FROM THE FARMERS MARKET TO THE FRIDGE:

- Meat
- Eggs
- Fish
- Dairy products including cheese
- Raw sprouts
- Cut leafy greens
- Cut garlic in oil
- Sliced melons
- Sliced tomatoes
- Prepared items made with any of these ingredients (excluding canned goods)

BACTERIA NEED THREE THINGS TO GROW:
- **FOOD**
- **WARMTH**
- **MOISTURE**

Materials are supported by a Food Safety Training and Education Grant through the Michigan Department of Agriculture and Rural Development. Produced by the Michigan Farmers Market Association. Learn more at mifma.org.