

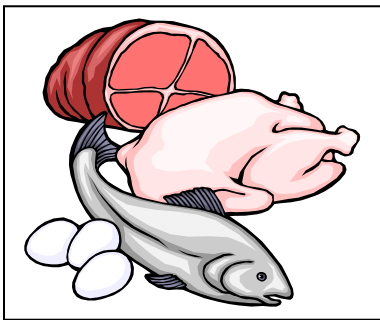
What food items can allow disease-causing bacteria to grow in them?

(not all foods will!)

A food can grow disease-causing bacteria if it is:

- *Of animal origin
- *A vegetable that was heat treated (cooked)
- A raw seed sprout (such as alfalfa or bean sprouts)
- Cut melons
- Garlic and oil mixtures (any herb from the ground and oil may also have the potential)

EXAMPLES OF THESE FOODS



Chicken Beef Pork Eggs

Dairy products Seafood



Baked potatoes Cooked rice

Fried onions Wet oatmeal

Cooked carrots Cooked mushrooms

Cut melons Bean sprouts

To keep these foods safe, you must keep them cold (41°F or below) or hot (135° F or above, after cooking).

NOTE: Processed foods that can grow harmful bacteria should be labeled “Keep Refrigerated”- read your labels!

***Foods such as popcorn, beef jerky or parmesan cheese are too dry to grow harmful bacteria and are safe to leave at room temperature. Some foods are too acidic such as meatless tomato sauce and most fruits.**

