

Washington Office of Superintendent of
PUBLIC INSTRUCTION

Child Nutrition

Simple Food Safety Guidelines

Cold Foods

- Cold meals should be eaten immediately or refrigerated within two hours of receiving the meal.
- For cold foods like milk, cheese, and meat, refrigerate immediately at 41 °F or lower.

Hot Foods

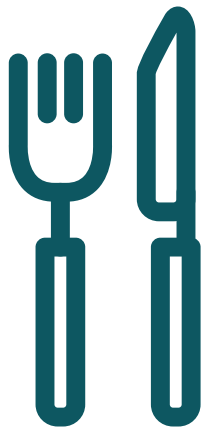
- Hot meals should be eaten immediately or refrigerated within two hours of receiving the meal.
- For all hot foods, use the stove, oven, or microwave to reheat foods to a minimum of 165°F or higher before eating.

Discarding Food

- Discard all meals left out at room temperature for two hours or more.
- Uneaten meals should be thrown away after four days.

Remember

- Always wash your hands for at least 20 seconds with soap and water before eating your meals.



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