Check the App
USDA FoodKeeper can tell you how long foods and drinks are safe to keep in the refrigerator or freezer.

Shop, and don’t stop
At the grocery store, pick up perishable foods last and take them straight home.

Keep your cool
Chill groceries, leftovers, and food delivery items within 2 hours, or 1 hour if exposed to temperatures above 90 °F. Use an appliance thermometer to set fridge to 40 °F or below and freezer at 0 °F or below.

Let it breathe
Leave space for air to circulate between containers in your fridge and freezer.

Stay chill
If bringing cold foods on-the-go, pack them with ice in an insulated container.

Find more Quick Tips on the 4 Steps to Food Safety: Clean, Separate, Cook, Chill at www.fda.gov/food