



# Home Food Safety **MYTHBUSTERS**

September is National Food Safety Education Month!

**MYTH:** Freezing foods kills harmful bacteria that can cause food poisoning.

**FACT:** Bacteria can survive freezing temperatures. Freezing is not a method for making foods safe to eat. When food is thawed, bacteria can still be present and may begin to multiply. Cooking food to the proper internal temperature is the best way to kill harmful bacteria. Use a thermometer to measure the temperature of cooked foods.

[fightbac.org](http://fightbac.org)

