



Summer Food Safety

Healthy food and fun can be a great part of summer activities. It is especially important to remember food safety in the summertime and take steps to decrease your chances of becoming ill with food poisoning. Examples of foods that need **SAFE** handling are:

- hamburgers • hot dogs
- steaks • all poultry (chicken, turkey)
- pork chops • salads with egg or dairy products as part of the ingredients (such as potato salad, macaroni salad, egg salad, etc...)
- salads made with meat or fish (such as ham salad, chicken salad, tuna salad)

Safe Handling

Before handling food, wash your hands with soap and water. Also, be sure to wash your hands after handling raw meat or other raw food. If soap and water are not available, take along anti-bacterial hand wipes or a hand sanitizer.

Meats should be kept refrigerated until ready for cooking. If using frozen meat, thaw **ONLY** in the refrigerator, microwave oven or under cold running water. Do **NOT** thaw meat at room temperature on the counter!

In addition to meats, all fruits and vegetables need to be rinsed under running water before eaten (including those with skins and rinds), to help eliminate potential bacteria.

Preparation

Always use a clean cutting board. If possible, use one cutting board for fresh produce and a separate one for raw meat.

Always marinate food in the refrigerator, not on the counter. Do **NOT** reuse marinade after it has come into contact with raw meat.

When serving food, always use a clean plate and utensils. Never place cooked food back on the same plate or cutting board that previously had raw food.



Cooking

The color of cooked meat and poultry is not a sure sign of its doneness. Use a food thermometer to be sure the food has reached a safe temperature:

- 180°F - Chicken and turkey (whole birds, legs, thighs and wings)
- 170°F - Chicken and turkey breasts
- 165°F - Ground turkey and chicken; stuffing and casseroles; leftovers
- 160°F - Ground beef, pork, veal and lamb; pork chops, ribs and roasts; egg dishes



Transporting

When carrying food to another location, keep it cold to minimize bacterial growth. Use an insulated cooler with ice or ice packs. Keep the cooler in the air-conditioned passenger compartment of your car, rather than in a hot trunk.

After cooking, on a typical summer day, foods should be put away within two hours. If it is a very hot day (over 90 degrees), foods should be put away within one hour. All leftovers should be covered in an air-tight container and refrigerated or stored in a cooler over ice as soon as everyone is finished.

Keep “Cold Foods” Cold and “Hot Foods” Hot!

