

Keeping Food Safe **OUTSIDE**

Summer is here- with so many picnics and BBQs, food safety can sometimes take a backseat to the usual spoilers of summertime fun - bug bites and sunburns. Follow these tips to keep you and your family free of tummy-aches after your next outdoor meal!



1

TEMPERATURE MATTERS

Bacteria multiply in temperatures between 40 F and 140 F. You can't see, smell, or taste bacteria, so keeping food at the right temp is the best way to stay safe at your outdoor meal.

2

GET YOUR GRILL ON

Keep hot foods hot. If you want to bring something hot, cook it at the party so it'll be hot, delicious and safe when you're ready to eat. This is smarter than bringing it pre-cooked and falling into the temperature danger zone.

Marinate chicken in a tasty vinaigrette before leaving your house, and keep it cool at <40 until you're ready to cook. By that time, it will absorb lots of yummy flavors! You can try this with any type of meat, tofu, or fresh veggies.

3

BRING A THERMOMETER

Follow these cooking guidelines:
Seafood 145° F
Pork 145° F
Steaks & Roasts 145° F
Ground Meat, Sausages 160° F
Poultry 165° F

If you're using a cooler to keep food cold, keep it out of the sun and avoid opening the lid too often.

4

KICK UP YOUR COOL FACTOR

Keep cold foods cold. If you're camping or not going to be cooking for awhile, freeze items which can be easily frozen and place them in a cooler (i.e. meat, water bottles, sauces).

5

PACKING WITHOUT SLACKING

To prevent cross-contamination, pack raw and cooked foods separately. Use ice packs and frozen water bottles to keep foods cold.

If your food has been sitting out for more than 4 hours, toss it especially if it contains mayo!