

## SUMMER FUN AND FOOD SAFETY



Summer is just around the corner and warmer temperatures are on the way. Children play outside more and enjoy the nice weather. It's a time for grilling and picnicking. It is also a time when food poisoning tends to increase. Warmer temperatures contribute to this rise. There are certain things we can do to ensure that our food stays safe. Follow these tips for safe and fun summer meals.

### BACTERIA BASICS

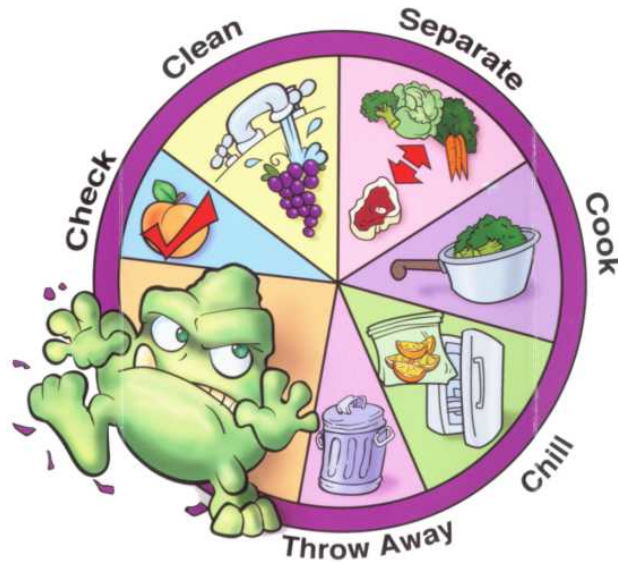
Bacteria are present in the environment in soil, air, and water, as well as in people and animals. Keep in mind that:

- Bacteria tend to grow faster in the warm summer months.
- Most bacteria that cause foodborne diseases grow fastest at temperatures from 90° F to 110 ° F.
- Moisture, hot and humid summer weather increases growth.
- Bacteria can quickly multiply on food.



### SAFETY TIPS

Here are some tips to help you have fun without having to worry about whether or not your food is safe:



- Refrigerate foods within **two** hours. However, if the temperature is above 90° F, you should refrigerate foods within **one** hour.
- If at a picnic site, have cleaning supplies to clean surfaces in contact with food.
- If you pack a cooler make sure to wrap raw meats/poultry tightly so the juices won't come in contact with other foods that will not get cooked.
- Make sure you wash your hands with soap after handling raw meats:
  - Wash your hands for at least **20 seconds**, before and after handling foods to avoid cross-contamination.
  - Wash plates, utensils, and cutting boards that had raw meat or fish before using them again.
- Marinate food in the refrigerator:
  - DO NOT use sauce that was used to marinate raw meat or poultry on food that is already cooked.
- When grilling, make sure to preheat the coals for about 30 minutes before starting to cook.
- Use a food thermometer to make sure internal temperature of the food is safe. Here are some safety guidelines:



- Hamburgers= 160 °F
  - Large cuts of beef such as roasts and steaks may be cooked to 145 °F (medium rare), 160 °F (medium) or 170 °F (well done)
  - Poultry= 165 °F
  - Fish should be opaque and flake easily
- Do not put food in the same dish that previously held raw foods.
  - Make sure to keep items like potato salad and coleslaw in a cooler until its time to eat.
  - Place leftovers back in the cooler as soon as you finish eating.
    - Food left out of refrigeration for more than two hours may not be safe to eat. If you are unsure, it is always safer to throw it out.
- If in doubt, throw it out!**

