

PICNIC FOOD SAFETY



There is nothing more American than a picnic. There are two sure things you'll see at a picnic: ants and lots of good food! The important point to remember is to have safe and healthy foods, not food that can cause foodborne illness. Always prepare and store food properly.

- ✓ Wash your hands before and after handling food.
- ✓ Plan ahead; try to take only what will be eaten so you won't have to worry about leftovers.
- ✓ Wait until just before leaving home to pack chilled foods in an insulated cooler, and make sure you have plenty of ice to surround them.
- ✓ Don't put the cooler in the trunk; carry it inside an air-conditioned car. Keep the cooler in the shade and keep the lid closed. Replenish ice if needed.
- ✓ Take two coolers—one for drinks, the other for perishable foods so the one carrying food isn't constantly opened.
- ✓ Pack raw meat in tightly sealed containers or bags and put at the bottom of the cooler to reduce the risk of them dripping on other foods.
- ✓ A full cooler stays colder longer than one that is partially full.
- ✓ **DANGER ZONE:** Don't leave food in the danger zone (40-140 degrees). Don't leave prepared foods in the danger zone more than one hour.
- ✓ To destroy bacteria, cook hamburgers to 160 degrees and poultry to 180 degrees. Use a meat thermometer.
- ✓ Never put cooked items on the same plate which held the raw meat.

