

Summer Safety: Week 2 – Food Safety

What would summer be without the BBQs and picnics and other outdoor dining opportunities? Take care because harmful bacteria grow in warm, moist conditions, so certain food safety measures should be taken, particularly when eating outdoors in warm weather! Here are the top four things to consider for keeping your picnics and BBQs safe, fun & delicious!

Keep it COLD!

- Use a cooler with plenty of ice/ice packs to keep food, especially raw meats, cold.
- Keep cooler out of direct sunlight and try to avoid opening it too often.
- Keep drinks and food in separate coolers so that food stays cold (*drink cooler will be opened more frequently*).
- **When in doubt, throw it out!** Throw out any food that has been unrefrigerated for more than two hours,



Keep it CLEAN!

- Do not use same plate or utensils that had raw meat on them for cooked meat or other items. This encourages cross-contamination.
- Ensure all produce is washed thoroughly.
- Keep hand sanitizer on hand in the event that running water is unavailable for hand washing.
- Have plenty of napkins/paper towels on hand for clean-up.

Food Safety for Carnivores!

- Keep raw meat separate from other foods to avoid cross-contamination!
- Always pack raw meat at bottom of cooler in the event that juices leak out.
- Bring multiple utensils and plates – one for use with raw meat and one for use with cooked meat.
- Cover and return cooked meats to refrigeration as soon as you are done with them.
- Use a digital thermometer to check for doneness.

Safe Temperatures for Cooked Meats

Ground Beef	71°C (160°F)
Leftover Food	74°C (165°F)
Poultry	85°C (185°F)



Try these tips for safer food options:

- Meats that contain less blood or juices (sausages or cold deli meats)
- Avoid mayo-based salads – try raw, cut-up veggies, crackers or vinaigrette-based salads for sides instead!
- Your best dessert choice is fresh, washed produce or dry baked goods.

Sources: www.hc-sc.gc.ca, voices.yahoo.com