

HEALTH & SAFETY: SUMMER FOOD SAFETY

Description of Issue and Importance

Summer is a great time to enjoy cookouts and picnics. A few simple precautions can help keep this a safe and fun experience.

Recommended Action and Prevention Strategy

- Prevent food borne illness. **Clean:** Wash hands and surfaces often. **Separate:** Don't cross-contaminate. **Cook:** Cook to proper temperatures. **Chill:** Refrigerate promptly.
- Prevent the spread of bacteria. During your outdoor grilling celebrations it's important to handle raw meat, poultry, and seafood safely. Here's how:
 - Separate raw meat, poultry, and seafood from other foods in your grocery shopping cart, refrigerator, and while preparing and handling foods at home. Consider placing these raw foods inside plastic bags in your grocery shopping cart to keep the juices contained.
 - Wash hands thoroughly with soap and warm water before and after handling raw meat, poultry, and seafood.
 - Use one cutting board for raw meat, poultry, and seafood and another one for fresh fruits and vegetables. Wash cutting boards thoroughly with soap and hot water between uses.
 - Place cooked food on a clean plate for serving. If cooked food is placed on an unwashed plate that held raw meat, poultry, or seafood, bacteria from the raw food could contaminate the cooked food.
 - Marinades used on raw meat, poultry, or seafood can contain harmful bacteria. Don't reuse these marinades on cooked foods, unless you boil them before applying.
- Remember the 2-Hour Rule: Discard food left unrefrigerated for more than two hours. On a hot day (90° F or higher), reduce this time to one hour.

Outreach Services

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