



REMINDER

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.

Definitions:

Cross contamination is what happens when bacteria from one food item are transferred to another, often by way of unwashed cutting boards or countertops. It is the physical movement or transfer of harmful bacteria from one person, object, or place to another.

Recommended Action and Prevention Strategy

- Prevent foodborne 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 is 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 and in your 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. It's preferable not to use wooden cutting boards as food gets trapped in the cutting impressions.

HEALTH & SAFETY REMINDER

Summer Food Safety

FACT SHEET

- 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.
- Cold perishable food should be kept in a cooler at 40° F or below until serving time. Hot food should be kept hot, at or above 140° F.
- Remember the 2-hour rule: Discard food left unrefrigerated for more than two (2) hours. On a hot day (90° F or higher), reduce this time to one (1) hour.

References

Centers for Disease Control and Prevention. Food safety. Retrieved 10/12/2015 from: <http://www.cdc.gov/foodsafety/>

U.S Food and Drug Administration. Eating outdoors: Handling food safely. Retrieved 10/12/2015 from: <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm109899.htm>