

EATING OUTDOORS

Picnic and barbeque season offers chances for outdoor fun with friends and family. But warm weather and eating outdoors also presents safety concerns.

PACK AND TRANSPORT FOOD SAFELY

Keep your food safe...from the refrigerator to the picnic table!

KEEP COLD FOOD COLD

Put cold food in a cooler with ice or frozen gel packs. If you have it out for serving, set the bowl in larger ice-filled container. Keep cold food at 40° F or less.



Cool idea: kiddie pool filled with ice to keep food cold

ORGANIZE COOLER CONTENTS

Consider packing drinks in one cooler and perishable foods in another. That way, as people open and reopen the beverage cooler, the food won't be exposed to warm temperatures.

KEEP COOLERS CLOSED

This will help to keep the contents cold for as long as possible.

DON'T CROSS-CONTAMINATE

Be sure to keep raw meat, poultry and seafood securely wrapped or in leak-proof plastic containers. This keeps meat juices from contaminating prepared or cooked food, or food that will be eaten raw such as fruits and vegetables.

CLEAN YOUR PRODUCE

Rinse fresh fruits and vegetables under running tap water before packing them in the cooler. This includes those with skins and rinds that won't be eaten. Scrub firm-skinned foods with a vegetable brush while rinsing under running water. Dry with a paper towel.

BEFORE YOU SET OUT YOUR PICNIC FEAST, MAKE SURE HANDS AND SURFACES ARE CLEAN



If you don't have access to running water, soap and paper towels, use moist towelettes for cleaning your hands. Take care to keep utensils and platters clean when preparing food.

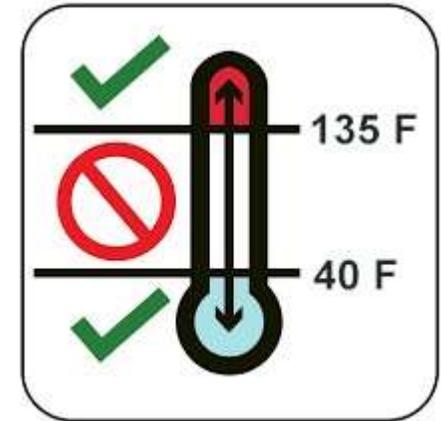
FOLLOW SAFE GRILLING TIPS

- Marinate foods in the refrigerator – *never* on the kitchen counter or outdoors. If you plan to use some of the marinade as a sauce on the cooked food, reserve some before adding the raw meat. You don't want to pour raw meat juice on your cooked food! And don't re-use marinade.
- If you partially cook food to reduce grilling time, do so immediately before the food goes on the hot grill.
- Cook food thoroughly. Have your food thermometer ready and use it to be sure your food is cooked properly. **Use the Safe Cooking Temperature Chart on the back of this brochure to be sure your meats are thoroughly cooked.**



- Keep "ready" food hot, but not overcooked, by moving it to the side of the grill rack.
- Don't reuse platters or utensils. Using the same platter that held raw meat allows bacteria from the raw food to spread to your cooked food (YUCK!). And don't use tongs or spatulas on cooked food that you already used on raw food.
- If you use a grill brush, check to make sure no metal bristles are left behind to get in your food!

SERVING PICNIC FOOD:
KEEP IT **HOT** or **COLD**!



Never let picnic food remain in the DANGER ZONE – between 40° F and 135° F – for more than two (2) hours, or one (1) hour if temperatures are above 90° F. This is when bacteria multiply rapidly, leading to foodborne illness.

Keep hot food **HOT**
Keep cold food **COLD**

SAFE COOKING TEMPERATURES

Food	Safe internal cooking temperature
Ground meat	
Beef, pork, veal, lamb	160° F
Poultry	165° F
Beef, veal, lamb (whole cuts)	
Medium rare	145° F
Medium	160° F
Well-done	170° F
Poultry	
Whole birds	165° F
Breasts	165° F
Legs, thighs, wings	165° F
Pork (fresh)	
Medium	160° F
Well-done	170° F
Ham	
Fresh (raw)	160° F
Pre-cooked (to re-heat)	140° F
Fish and shellfish	145° F for at least 15 sec.

SUMMER FOOD SAFETY

Harrison County Health Department

241 Atwood Street, Suite 200
Corydon, Indiana 47112
Phone (812) 738-3237
Fax (812) 738-4292

www.harrisoncountyhealth.com



Be safe! Have fun!

