

# Picnic Food Safety

## Tips to Protect Yourself From Food Borne Illness

### Safe Food Temperature Chart:

Food	Temperature
Steaks and roasts	145°F
Fish	145°F
Pork	160°F
Ground beef	160°F
Egg dishes	160°F
Chicken breasts	165°F
Whole poultry	165°F
Shrimp, lobster, and crabs	Cook until pearly and opaque
Clams, oysters, and mussels	Cook until the shells are open



#### TRANSPORT:

- **Keep cold food cold.** Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at **40°F or below** to prevent bacterial growth. Meat, poultry, and seafood may be packed while still frozen so that they stay colder longer.
- **Organize cooler contents.** Consider packing beverages in one cooler and perishable foods in another. That way, as picnickers open and reopen the *beverage* cooler to replenish their drinks, the *perishable foods* won't be exposed to warm outdoor air temperatures.
- **Keep coolers closed.** Once at the picnic site, limit the number of times the cooler is opened as much as you can. This helps to keep the contents cold longer.
- **Don't cross-contaminate.** Be sure to keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods 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 - including those with skins and rinds that are not eaten. Rub **firm-skinned fruits and vegetables** under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. Dry fruits and vegetables with a clean cloth towel or paper towel.

#### GRILLING:

- **Marinate safely.** Marinate foods in the refrigerator - *never* on the kitchen counter or outdoors. In addition, if you plan to use some of the marinade as a sauce on the cooked food, *reserve a portion separately* before adding the raw meat, poultry, or seafood.
- **Cook immediately after "partial cooking."** If you partially cook food to reduce grilling time, do so *immediately before* the food goes on the hot grill.
- **Cook food thoroughly.** Use a food thermometer to be sure your food is cooked thoroughly. See the chart on the left.
- **Keep "ready" food hot.** Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals. This keeps it hot but prevents overcooking.
- **Don't reuse platters or utensils.** Always have a clean platter and utensils ready at grill-side to serve your food.