

SUMMER HOLIDAY FOOD SAFETY TIPS

KEEP YOUR FOOD SAFE AND YOUR WEEKEND FUN

Summer picnic and BBQ season is here and with it comes a host of family outings. And what would be a summer adventure without food? But with warm weather events come food borne bacteria . As food heats up in the summer temperatures, your risk of spreading bacteria increases. Here are three tips to protect yourself, your family, and your food from food borne illness during the summer.



KEEP COLD FOOD COLD

Place cold food in a cooler with ice or ice packs. Cold food should be stored at 40 degrees or lower to prevent bacterial growth. Keep coolers closed at campsites and limit the number of times you open the cooler. If possible, chill or freeze foods before heading out to the picnic or event site.



AVOID CROSS CONTAMINATION

Always keep surfaces that have touched raw meat away from other food or serving items. If you are not going to be able to wash the tongs or plate that touched raw meat, bring a second set. Don't reuse marinade and as much as possible, wash fruits and veggies at home first.



GRILL RESPONSIBLY

Grilling and picnicking go hand-in-hand. When grilling, cook food thoroughly. Always have a food thermometer handy and keep the ready food hot. Grilled food can be kept hot by moving it to the side of the grill rack.

MAY 22, 2019

EXTENSION 
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