



SUMMER FOOD SAFETY

PICNIC SAFETY FOR FAMILY and FRIENDS



Sponsored by: Macomb County Board of Commissioners.

Macomb County Health Department
Environmental Health Services Division

Central Health Center
43525 Elizabeth Rd.
Mt. Clemens, MI 48043
586-469-5236

Southwest Health Center
27690 Van Dyke
Warren, MI 48093
586-573-2240

Summertime is just around the corner which not only brings warmer weather but many outdoor functions that are often accompanied with food. Illness causing bacteria grow best in warm temperatures and moist conditions so it is important to remember to handle foods in a safe manner so that no one will become ill. The number of foodborne illnesses normally increase during the summer so, before you plan that next outing, take the time to follow proper food handling practices to ensure a safe and happy summer!!!



Clean: Wash Hands & Surfaces

Unwashed hands and surfaces are a prime cause of foodborne illness.

- ◆ Wash your hands with hot, soapy water before handling food, after using the restroom, changing diapers, and handling pets.
- ◆ When eating away from home, find out if there's a source of clean water. If not, bring water for washing and cleaning or pack disposable moist towelettes and paper towels.

Separate: Don't Cross-Contaminate

Cross-contamination happens when the juices from raw meat, fish or chicken contacts food that will not be cooked or has already been cooked. Cross-contamination can happen during preparation, grilling and serving of food.

- ◆ When packing the cooler, wrap raw meat/poultry securely and put on the bottom of cooler to prevent juices from getting onto other foods.
- ◆ Wash dishware, utensils, and surfaces that contacted raw meat/poultry before using again. Never place cooked foods from the grill on the same plate that the raw food was on without washing it first.
- ◆ If the meat marinade is also to be used as a sauce on the cooked food, then reserve a portion of marinade that did not come in contact with the raw meat.

Cook: Cook to Proper Temperatures

Most bacteria are killed when foods are cooked to their proper internal temperatures.

- ◆ Take your thermometer. Meat/poultry cooked on a grill often brown fast on the outside while still raw on the inside, so be sure they are cooked all the way through.
- ◆ Cook hamburger and other ground meats to a minimum internal temperature of 155°F; poultry 165°F; roasts 145°F; and pork 145°F.
- ◆ Cook meat/poultry at the picnic site. Partial cooking food ahead of time may allow bacteria to multiply to the point that further cooking cannot destroy.

Chill: Keep Cold Food Cold

Bacteria grow best in food that is between 41°F and 140°F (danger zone).

- ◆ Always marinate meat/chicken in the refrigerator, not on the counter.
- ◆ Refrigerate promptly. Never leave food sit out for more than few hours.
- ◆ Perishable food like luncheon meats, beef, chicken, pork, potato/tuna/pasta salads, and cooked rice should be kept in an insulated cooler and packed with ice or freeze packs. Keep cooler in the shade or coolest part of car out of the sun.
- ◆ Keep the cooler temperature cold by replenishing the ice as it starts to melt.

- ◆ If taking home leftovers, plan ahead and pack the leftovers in the cooler to assure that they do not reach temperatures in the danger zone. Discard any food left out at room/air temperature for more than 3 hours.

Heat: Keep Hot Food Hot

- ◆ Keep foods on the grill until ready to serve.
- ◆ Use chafing dishes (electric or sterno) or insulated containers to keep foods hot.

Remember: When In Doubt....Throw It Out