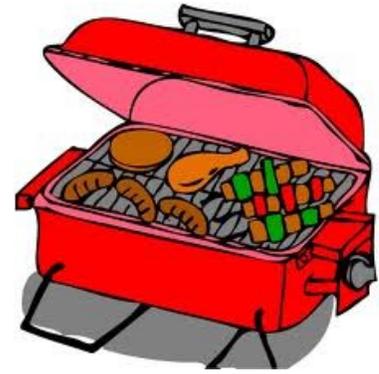


# Summertime Food Safety

## *Why are we concerned about food safety in the summer?*

Millions of people get sick from foodborne illnesses every year. Bacteria grows faster in the warm summer months.



## *What can you do to prevent foodborne illnesses?*

**WASH HANDS**—unwashed hands are a main cause of foodborne illnesses

- Use warm, soapy water to wash hands before touching food, after using the bathroom, changing diapers, and handling pets
- If camping/hiking, pack clean water in a flip valve container for hand washing
- Use an alcohol-based hand sanitizer if water is not available

## **PREPARE FOOD SAFELY**

- Keep meat, poultry, fish, milk products, eggs, and precooked foods cold—as close to 40°F as possible
- Keep raw meat, fish, and poultry chilled and away from ready-to eat-foods like salads, cheese, and fruit
- Cook all raw foods thoroughly—chicken or turkey (165°F), hamburgers, hotdogs, sausage, beef, or pork (160°F), steak and fish (145°F ), and keep hot until served

## **PROPER STORAGE**

- Package leftovers and chill as quickly as possible—throw away cooked meat or food left at room temperature for more than two hours
- Do not eat anything left in the refrigerator for more than two days—warm up leftovers to at least 165°F before eating

*For more information go to:* [http://www.fsis.usda.gov/Consumers\\_&\\_Educators/index.asp](http://www.fsis.usda.gov/Consumers_&_Educators/index.asp)

