

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

