Warm Weather Food Safety

Why are we concerned about food safety in warmer weather?
Millions of people get sick from foodborne illnesses every year. During the warmer months, bacteria grows faster so it's more important to prepare and keep food safely during the summer.

How can you prevent foodborne illnesses?
WASH YOUR 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.

STORE FOOD PROPERLY

- 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: www.fda.gov/downloads/Food/FoodborneIllnessContaminants/UCM239489.pdf