# *Food Safety*

Keep your food safe at picnics and cookouts!

Risks

- ➢ Hot weather can cause food to spoil faster.
- ➢ Under cooked meat can lead to illness.
- ➢ Cross contamination can occur if you expose cooked food to raw foods or place cooked foods on surfaces where raw foods have been. This will cause harmful bacteria to get on your cooked food.
- ➢ Reusing utensils and not washing your hands can also cause cross contamination.
- ➢ Uncovered foods attract insects, like flies, that will land on your food. Flies carry bacteria and can transfer that bacteria to your food.

Guidelines to Follow
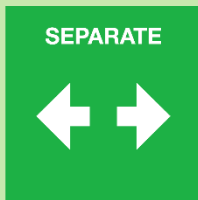
To avoid eating or serving contaminated food you should:

1. Cook chicken, beef, and pork until there is no pink left in the center and no blood in the juices.
2. Cook fish until it flakes easily and is not translucent in the center.
3. Do not sample anything containing raw eggs.
4. Store food out of the sun. Keep it indoors and in a cool environment.
5. Foods left out for more than two hours in the heat (even if indoors) should be thrown away. Any temperature between 40 degrees Fahrenheit and 140 degrees Fahrenheit can spoil food.
6. Keep cooked foods separate from raw foods.
7. Do not use utensils that were used on raw foods on cooked foods.
8. Wash hands each time you handle raw food.

9. Wash surfaces that raw foods have touched before putting any more foods on them.
10. Cover food, so insects cannot get to them.
11. Refrigerate leftovers.