



WHAT WE WANT

#STRONGIOWA

JOIN US WWW.EXTENSION.IASTATE.EDU

Lyon County - O'Brien County - Osceola County - Sioux County

CLIPPINGS

A Weekly Column from Iowa State University Extension and Outreach

Week of June 26, 2017

For Immediate Release

Have a Food Safe Summer

Renee Sweers, Human Sciences Specialist, Nutrition and Wellness

Picnics, potlucks, and camping... Through it all, keep food safe to keep summer fun. Warmer summer temperatures and other factors have led to an increase in foodborne illness (food poisoning). Take these precautions to prevent food safety problems:

When bringing food to a picnic or cookout:

- Use an insulated cooler filled with ice or frozen gel packs. Frozen food can also be used as a cold source. The temperature of coolers should be 41°F or below.
- Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches; summer salads (tuna, chicken, egg, pasta, or seafood); cut up fruit and vegetables; and perishable dairy products.
- Keep raw meat juices contained. If possible, use a separate cooler for raw meats.
- A full cooler will maintain its cold temperature longer than a partially filled one. When using a cooler, keep it out of the direct sun by placing it in the shade or shelter.
- Avoid opening the cooler repeatedly so that your food stays colder longer.

When cooking on the grill:

- Use separate cutting boards and utensils for raw meat and ready-to-eat items like vegetables or bread.
- Keep perishable food cold until it is ready to cook.
- Use a food thermometer to make sure meat and poultry are cooked thoroughly to their safe minimum internal temperatures.
 - Beef, Pork, Lamb and Veal (steaks, roasts, and chops): 145°F with a 3 minute rest time
 - Ground meats: 160°F
 - Whole poultry, poultry breasts, & ground poultry: 165°F
- Always use a fresh, clean plate and tongs for serving cooked food. Never reuse items that touched raw meat or poultry to serve the food once it is cooked.

When serving food outdoors:

- Perishable food should not sit out for more than two hours. In hot weather (above 90°F), food should NEVER sit out for more than one hour.
- Serve cold food in small portions, and keep the rest in the cooler. After cooking meat and poultry on the grill, keep it hot until served – at 140°F or warmer.

- Keep hot food hot by setting it to the side of the grill rack, not directly over the coals where they could overcook.

And the **Number One Food Safety Recommendation: Wash Hands!** Bring supplies to be able to wash hands with soap and water after using the restroom, handling raw meats, and before handling ready-to-eat foods and beverages.

For more food safety information: <http://www.extension.iastate.edu/foodsafety/> or <http://www.extension.iastate.edu/humansciences/answerline>

Source: foodsafety.gov

- 30 -

Renee Sweers, Human Sciences Specialist, Nutrition and Wellness
Iowa State University Extension and Outreach
712-276-2157 or rsweers@iastate.edu