



NEWS RELEASE

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Add Food Safety to the Rules of the Road This Summer

The summer travel season has arrived! If “dashboard dining” is in your summer plans, take time to think ahead and bring a supply of shelf-stable foods that are also nutritious. Keep food-borne pests from interfering with your summer plans by following some of these food safety tips.

- If transporting perishable foods (i.e., cheese sticks, yogurt and yogurt drinks), keep them on enough ice in an insulated cooler to keep the temperature for the duration of your trip at below 40 degrees. Transport the cooler in an air-conditioned car instead of in a hot trunk.
- Perishable foods should not stay un-refrigerated for more than two hours, and when the temperature is 90 degrees Fahrenheit or warmer, that time is reduced to one hour.
- Carry eating utensils in the car. Dispose of used goods before bacteria have a chance to grow.
- Keep perishables in a separate cooler from the drinks, since the drink cooler is opened more often.
- Shelf-stable and easy foods to take on the road include:
 - single-serve boxes of cereal, trail mix, energy bars, bagels, muffins, crackers, popcorn and chips
 - cut-up raw vegetables, grapes, dried fruit mix, single-serving applesauce
 - single-serve milk or soy beverage boxes and pudding cups
 - cans of tuna, peanut butter, nuts and single-serve packages of peanut butter and crackers or cheese and crackers.
- Pack foods in reverse order of how you will eat them.
- A full cooler stays cold longer than one that is only partially filled. Fill remaining space with more ice or with fruit and nonperishable foods.
- Always wash hand thoroughly, especially after activities such as filling the car with gas or stopping at a rest area. Bring a pack of moist towelettes or spray bottle of soap and water solution with paper towels in the car. Be sure everyone washes hands before handling or eating foods in the car.

Take control of home food safety, whether “dashboard dining” or eating in a restaurant by: 1) washing hands often; 2) keeping raw meats and ready to eat foods separate; 3) cooking to proper temperatures; and refrigerating promptly below 40 degrees Fahrenheit.

Referenced from: Susan Donohue, UCCE Butte County