

NEWS RELEASE

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Keep Your Picnic Safe

Summer is here, and that means picnics, barbeques, and long hot days. The food safety rules that you follow at home are just as important at your outside gatherings. Also, keep in mind that bacteria grow more quickly in warm weather. By following these tips, you can ensure your foods will be safe for family and friends:

- Keep cold foods cold. Use a cooler with frozen ice packs or blocks of ice to store cold foods at or below 40°F. Don't have ice packs? Fill a gallon zip lock bag with water and freeze it flat.
- Wash up. Wash your hands with soap and warm water before preparing or eating food and after handling raw meat.
- Don't cross-contaminate. Securely wrap raw meat, so the juices do not contaminate ready to eat foods. Do not use the same cutting board or knife for raw meat and produce unless it has been thoroughly washed first. Also, wash any plates and utensils used to marinate raw meat before reusing.
- Time is of the essence. Food should not be left out for more than 2 hours, or 1 hour if the temperature is above 90°F. When food is in the "Danger Zone" - between 40°F and 140°F - bacteria can double every 20 minutes.

Don't spoil your fun with a foodborne illness. Remember – when in doubt, throw it out!

For more food safety information, visit www.foodsafety.gov.

For more nutrition or program information, please call (530) 889-7350 or visit our website at <http://ucanr.edu/sites/letseathealthy>. "Like" us on Facebook for additional tips and updates at UC CalFresh Nutrition Education Program, Placer/Nevada Counties.



This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.