

NEWS RELEASE

For Immediate Release

July 2, 2021

For More Information Contact:

Carrie Yarwood cyarwood@ucanr.edu

Have a Food Safe Summer

While warmer weather may be ideal for outdoor barbecues and picnics, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

- ✓ **Clean:** Clean surfaces, utensils, and hands with soap and water. If you're at a picnic, bring moist towelettes to use. Wash all produce under plain running water before eating, cutting, or cooking, even if you plan to peel them.
- ✓ **Separate:** Separate plates and utensils. When grilling, use separate plates and utensils for raw and cooked meat/poultry and ready-to-eat foods (like raw vegetables).
- ✓ **Cook:** Use a food thermometer to determine doneness. Just because your burger is brown, not pink, doesn't mean it's safe to eat!
- ✓ **Chill:** Chill raw and prepared foods promptly. Don't leave food at room temperature for longer than 2 hours (or 1 hour if it's above 90° F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.



Source: [FoodSafety.gov](https://www.foodsafety.gov)

Protect yourself, your family, and friends from foodborne illness not only this summer, but year round. For more food safety tips and resources, visit [FoodSafety.gov](https://www.foodsafety.gov)

Adults and children participating in the Let's Eat Healthy! Program are learning how to create healthy habits and keep their food safe. For more food safety, nutrition, or program information, visit our [CalFresh Healthy Living](https://www.calfresh.org/healthy-living), [UCCE website](https://www.ucce.edu). Follow and "like" us on Facebook for additional tips and updates: [@CFHL.UCCE.PlacerNevadaCo](https://www.facebook.com/CFHL.UCCE.PlacerNevadaCo).