

# FOOD SAFETY ON THE MOVE

Hitting the road for a picnic or cookout? Cases of food poisoning peak in the summer months, so if you're on the move with food, remember these food safety tips! For more go to [www.fightbac.org](http://www.fightbac.org).



## BRING SOAP TO WASH HANDS



Always wash hands before and after handling food. Soap and water is best - hand sanitizer will do if running water isn't available.

## HOT CAR? NO COOLERS IN TRUNK!



Transport coolers in the air conditioned passenger compartment, not in a hot trunk. On a hot day (>90°F) don't let food sit in the car for more than 1 hour.

## DON'T LET FOOD SIT OUT!



Perishable foods should not be left out of refrigeration for more than 2 hours - reduce that to just 1 hour on a hot day (>90 °F)!

## PACK PLENTY OF ICE



Pack lots of ice or ice packs in your cooler to keep food cold. Leftover food is safe only if the cooler still has ice in it. Otherwise, discard leftovers.

## KEEP RAW MEAT SEPARATE



Keep wrapped raw meat and poultry separate from cooked foods, fruits and vegetables.

### REMEMBER!

Most harmful bacteria grow fastest between 90 °F and 110 °F. Keep food chilled in summer - even on the way home from the store!

## USE A FOOD THERMOMETER



Use a food thermometer to make sure your food is cooked to a safe internal temperature and not overcooked. You can't tell by looking!

## SAFE COOKING TEMPERATURES

BEEF, PORK, VEAL, LAMB (ROAST, STEAKS, CHOPS) ..... (+ 3-MINUTE REST TIME)	145°
GROUND BEEF .....	160°
POULTRY; GROUND POULTRY .....	165°

Parents: Learn more about food safety and how to Fight BAC!® at home at [www.fightbac.org](http://www.fightbac.org). Your kids can download the game Perfect Picnic free from the App Store. Kids Fight BAC!® while building and growing a successful picnic park!

