

It's Warming Up Outside— Picnic Food Safety

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A Picnic Can Be Good for Your Health!

- Financially—relatively low-cost fun
- Physically—include play at your gathering
- Emotionally—good for your mood
- Spiritually—provides ecotherapy
- Socially—time with friends and family

Make Food Safety Part of Your Picnic Planning

- Wash hands often
- If unable to wash plates—use tongs and serving utensils at the picnic site
Bring two sets—one for handling raw meat and one for serving cooked meat
- Pack food in a well-insulated cooler—use plenty of ice or ice packs to keep temperature below 40°F
- Never partially grill meat or poultry to finish cooking later

Tips

- Bring hand sanitizer
- If running water is not available, wash fruits and vegetables at home first
- Cook food to proper temperatures
 - Beef: 160°F
 - Poultry: 165°F
- Don't leave food outside in hot weather (90°F or above) for more than one hour
- Pack ice for beverages in separate sealed bag—don't use same ice for beverages that was used to keep food cold

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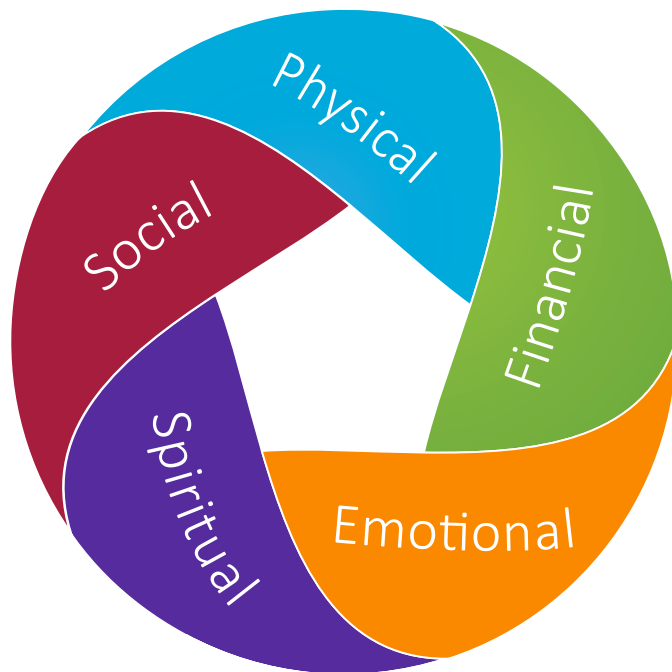
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DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



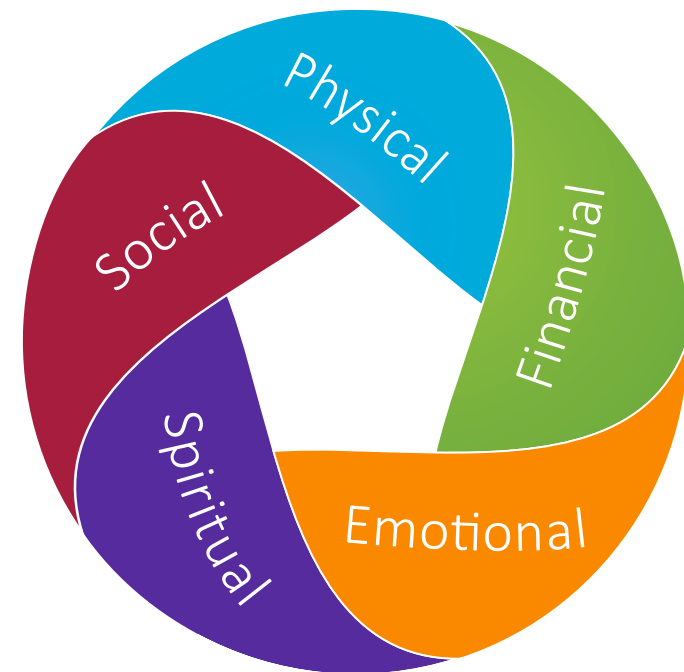
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