

MCHD HEALTH BLOG

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Public Health
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MORGAN COUNTY HEALTH DEPT.



SUMMER FOOD SAFETY

Almost everyone can agree that there's nothing like an outdoor picnic or barbeque on a warm, summer day. But did you know that with warm weather conditions comes more bacteria? According to [foodsafety.gov](https://www.foodsafety.gov), "foodborne illnesses tend to increase during the summer months because bacteria multiply faster when it's warm." When food spends time outside and away from clean surfaces, thermometers, and refrigeration, it's more likely to become unsafe to eat.

Here are some tips from [foodsafety.gov](https://www.foodsafety.gov) about how to properly prepare some common barbeque foods so your family doesn't have to stop having fun in the sun:

- Cook all barbecue meats to the recommended internal temperatures. Burgers: 160°F. Chicken and turkey: 165°F. Sausage: 160°F. Steaks: 145°F with a 3-minute rest time.
- If you're making a fruit salad, make sure you rinse all produce before peeling or chopping. Chop all produce with clean knives on cutting boards that have not touched raw meat.
- If you plan on serving deviled eggs, keep them refrigerated until they're ready to be served. Once they're out of the fridge, put them on ice to stay cool.

As you're cooking, during the summer and in every season of the year, don't forget these 4 things:

1. Clean: Clean surfaces, utensils, and hands with soap and water. Wash all produce before eating or preparing it.
2. Separate: Separate plates and utensils. When grilling, keep plates and utensils used for raw meat separate from plates and utensils used for cooked meat and vegetables.
3. Cook: Use a food thermometer to make sure all meats are cooked to the recommended internal temperatures.
4. Chill: Chill raw and prepared foods promptly when you're finished eating. Make sure you don't leave food at room temperature for longer than 2 hours. Keep an insulated cooler on hand with ice or ice packs for perishable leftovers.