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MCHD HEALTH BLOG

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Public Health
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MORGAN COUNTY HEALTH DEPT.



SUMMER FOOD SAFETY TIPS

School is out and summer is quickly approaching! Who doesn't love a great cookout or picnic in the beautiful Ohio countryside? Before you pull out the grill and start making that potato salad, be sure to refresh your knowledge of summer food safety. Nobody wants a foodborne illness to spoil their party.

Four basic tips for food safety are:
Clean-Separate-Cook-Chill

CLEAN-Clean surfaces, utensils and hands with soap and water. If you are at a picnic, you can bring moist towelettes to use. Also be sure to wash all produce under water before eating, cutting or cooking them.

SEPARATE-Separate plates and utensils. Use separate plates and utensils for raw and cooked meat and poultry and ready to eat foods (like raw vegetables or fruit).

COOK- Use a food thermometer to be sure your meats reach a safe temperature before you serve them. Safe temps for commonly grilled items include: burgers 160°F, chicken/turkey 165°F, sausage 160°F and steaks 145°F (with a 3-minute rest time).

CHILL-Chill any uneaten raw or prepared foods promptly. Food should not be left at room temperature for longer than two hours (or one hour if it is above 90°F). If you are out for a picnic, be sure to bring an insulated cooler packed with ice or ice packs to keep your perishable food cool. Fixing hard boiled eggs? Be sure to refrigerate the prepared eggs until you are ready to serve them and once they are out, put them on ice to keep them cool.

Simply put, clean everything, separate raw and cooked foods, cook thoroughly, keep cold food cold and hot food hot and refrigerate any leftovers promptly. For more summer food safety tips, visit [foodsafety.gov](https://www.foodsafety.gov). Have questions on food safety? Call our office at 740-962-4572 and ask to speak to our Environmental Health staff. They would be happy to assist you.