

HAVE A FOOD SAFE SUMMER



While the warmer weather conditions may be ideal for outdoor picnics and barbecues, 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:

1 in 6

Approximate number of Americans stricken with food poisoning each year



128,000

Estimated annual hospitalizations from foodborne illnesses



Did You Know? ★
U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about \$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK (according to the National Cattlemen's Beef Association).



Basic 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 and poultry and ready-to-eat foods (like raw vegetables).

COOK



USE A FOOD THERMOMETER.

Burgers:

160°F



Just because your burger is brown, not pink, doesn't mean it's safe to eat!

CHILL



Don't leave food at room temperature for longer than two 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.

CHILL RAW AND PREPARED FOODS PROMPTLY if not consuming after cooking.

What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

BARBECUE

Cook all meat and poultry to recommended internal temperatures.

Burgers:
160°F.

Chicken and Turkey:
165°F.

Sausage:
160°F.

Steaks:
145°F
with a 3-minute rest time.

FRUIT SALAD

Rinse all produce before peeling or chopping.

Chop all produce with clean utensils on separate cutting boards.

DEVILED EGGS

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.



ADDITIONAL
SOURCE
CDC



Ad
Council

For more summer food safety tips, go to

FoodSafety.gov



Teller County Public
Health & Environment