

Nutritionally Yours

Food Safety: Serving Foods Safely While Outdoors

Basic Tips

- **Clean:** Clean surfaces, utensils using soap and water. Bring moist towels.
- **Separate:** When outdoors, make sure to use separate plates and utensils for raw and cooked meat and ready to eat foods.
- **Cook:** Use a food thermometer.
- **Chill:** Make sure to keep raw and prepared foods cold if not consuming right away.

Tips to Remember

- Use insulated bags with ice or ice packs
- Keep cooler out of direct sun
- Avoid opening cooler repeatedly
- Use separate cutting boards and utensils for raw and ready to eat foods
- Don't reuse platters and utensils
- Use food thermometers
- Do not mix raw meats when cooking
- Rinse and clean produce
- Perishable food should not be left out more than 2 hours
- Keep hot food hot
- Keep cold food cold



