

FOR IMMEDIATE RELEASE

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## Summer Food Safety Tips

This time of year, we are anxious to go out and enjoy nature, family and friends with gatherings and picnics. Take a few minutes to become familiar with proven food safety tips and advice before your next get together. The Center for Disease Control has these important reminders: Summer promises sunshine, heat, and carefree gatherings with families and friends. It also coincides with an increase in food poisoning as warmer temperatures cause foodborne bacteria to thrive.

### Packing:

- Wash hands before eating or bring hand sanitizer/disposable wipes in case there is not any place to wash hands.
- If you are preparing food in advance, divide cooked food into shallow containers and store in the refrigerator or freezer to cool it rapidly.

### Preparation:

- When shopping, make sure to refrigerate perishable food within one hour if it is 90°F or warmer.
- Wash hands after touching raw foods and before touching ready to eat foods.
- Use clean utensils and a clean plate to remove cooked meat from the grill.
- Use a thermometer to assure foods are cooked to correct internal temperatures.
  - Ground hamburger 155 degrees
  - Steaks, chops, or fish 145 degrees
  - All poultry 165 degrees

### Storage:

- Cold foods should be kept in a cooler on ice when done serving or returned to a refrigerator within two hours.
- Hot foods should be eaten or thrown out within two hours.

Serving:

- Before serving previously cooked foods, reheat to 165 degrees within two hours.
- Always use fresh condiments for cooked foods. Throw out marinades or sauces that have touched raw meat juices, which can spread germs to cooked foods.
- When in doubt throw it out.

Food Vendors:

- At outdoor events vendors should have a license to sell food.
- Employees should wear gloves and use tongs when serving food.

Remember summer is a time to enjoy your family, friends, and the sunshine. Take a few moments to make sure food is prepared safely to avoid illness later.

If you have questions or need more information about Nutrition, Food Safety or Health contact Holly Miner at [haminer@ksu.edu](mailto:haminer@ksu.edu) or call (620) 331-2690.

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