

10590 Armstrong Avenue Ste B • Mather, CA 95655 • (916) 875-8440 • FAX (916) 875-8513
<http://www.emd.SacCounty.net>

SEVEN SUPER STEPS FOR SAFE FOOD IN THE SUMMERTIME

During the summer months, it is especially important to take extra precautions and practice safe food handling when preparing perishable foods such as meat, poultry, seafood and egg products. The warmer weather conditions may be ideal for outdoor picnics and barbecues but they also provide a perfect environment for bacteria and other pathogens in food to multiply rapidly and cause foodborne illness. Follow the suggestions below to Fight BAC! ® (foodborne bacteria) and reduce the risk of foodborne illness this summer.

1. Wash, Wash, Wash Your Hands (as in Row, Row, Row Your Boat)

Always, wash your hands for at least 20 seconds with warm, soapy water before and after handling food.

2. Marinating Mandate

When marinating for long periods of time, it is important to keep foods refrigerated. Don't use sauce that was used to marinate raw meat or poultry on cooked food.

3. Hot, Hot, Hot

When grilling foods, preheat the coals on your grill for 20 to 30 minutes, or until the coals are lightly coated with ash.

4. Temperature Gauge

Use a meat thermometer to insure that food reaches a safe internal temperature.

5. Where's the Beef? Chicken and Fish?

Hamburgers should be cooked to 160 degrees F, while large cuts of beef such as roasts and steaks may be cooked to 145 degrees F for medium rare or to 160 degrees F for medium. Cook ground poultry to 165 degrees F and poultry parts to 170 degrees F. Fish should be opaque and flake easily.

6. Stay Away from that Same Old Plate

When taking foods off the grill, do not put cooked food items back on the same plate that previously held raw food.

7. Icebox Etiquette

A full cooler will maintain its cold temperatures longer than one that is partially filled so it is important to pack plenty of extra ice or freezer packs to insure a constant cold temperature.

This information is provided in partnership with Sacramento County Cooperative Extension.

The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (covered veterans are special disabled veterans, recently separated veterans, Vietnam era veterans, or any other veterans who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized) in any of its programs or activities. University policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California, Agriculture and Natural Resources, 300 Lakeside Drive, 6th Floor, Oakland, CA 94612-3550, (510) 987-0096.

Sacramento County Board of Supervisors –

*Roger Dickinson, 1st District; Illa Collin, 2nd District; Susan Peters, 3rd District; Roberta MacGlashan, 4th District; and Don Nottoli, 5th District.
Also Terry Schutten, County Executive; Penelope Clarke, Countywide Services Agency; and Gloria J. Barrett, Director, Cooperative Extension*