
HIV Nutrition Education

Fact Sheet



Summer Picnic Food Safety Tips



Food-borne illness increases in the summer months. Warm temperatures help bacteria multiply at a rapid rate causing food spoilage and illness if foods are not handled properly. Use the following warm weather food safety tips to help prevent food-borne illness.

- Wash your hands before and after handling food, particularly raw meat, fish, or chicken. For the picnic, take along waterless sanitizing/antibacterial hand cleaner if soap and running water are not available.
- Be sure to wash all fruits and vegetables before cutting or peeling, including melons.
- Marinate in the refrigerator, not on the countertop. Bring marinade to a rolling boil first if to be used later.
- Store foods in separate containers with lids or in sealed plastic bags.
- Keep raw meat, poultry or fish in closed containers so that drippings don't contaminate other foods. Pack these items in the bottom of the cooler with other foods on top.
- Avoid using the same utensils and plates for raw and cooked foods unless washed thoroughly in between use.
- Use a cooler with plenty of ice to transport and store cold foods until ready to cook or serve. Keep foods cold or frozen before putting into the cooler.
- Keep hot foods hot. Use a thermos or insulated containers to transport and store your hot items until ready to serve.
- Keep your cooler in the shade with the lid on at the picnic or campsite. Avoid leaving it in a hot car.
- Thoroughly cook all raw meat, poultry and fish. The center of hamburger patties should not be pink and the juices should run clear. Use a meat thermometer and cook to an internal temperature of 160° F.
- Keep food in cooler and utensils covered until serving time. Flies, other insects and household pets can carry Salmonella.
- Cover food immediately after serving to keep free of insects.
- Have separate serving utensils for every dish including chips and salsa.
- Only put out enough food that can be consumed quickly.
- Return leftovers to your cooler as quickly as possible. In hot weather, food should not be left out for more than one hour.
- Discard leftovers that have not been stored at proper temperatures. If the ice has melted, discard any perishable leftovers. **When in doubt, throw it out!**
- Foods to be especially cautious of include protein foods such as meat, poultry, fish, eggs and dairy products (i.e.-potato salad with eggs, hamburgers, chicken, steak, cheese, etc.).
- Avoid drinking sun tea as it may be a source of bacteria.

For more information: www.fsis.usda.gov

For more information or to sign up for a nutrition class call:

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