ENSURING SUMMER FOOD SAFETY IS ESSENTIAL TO PREVENT FOODBORNE ILLNESSES AND ENJOY A HEALTHY AND SAFE SEASON. BY FOLLOWING A FEW KEY PRACTICES, YOU CAN SIGNIFICANTLY REDUCE THE RISK OF CONTAMINATION AND KEEP YOUR MEALS SAFE AND ENJOYABLE.

REFRIGERATION: STORE PERISHABLE ITEMS LIKE MEAT, POULTRY, SEAFOOD, DAIRY PRODUCTS, AND PREPARED FOODS IN THE REFRIGERATOR AT OR BELOW 40°F (4°C) TO INHIBIT THE GROWTH OF HARMFUL BACTERIA.

COOLER USAGE: WHEN OUTDOORS OR ON PICNICS, USE COOLERS OR INSULATED BAGS WITH ICE PACKS TO MAINTAIN PROPER TEMPERATURE FOR PERISHABLE FOODS. KEEP THE COOLER OUT OF DIRECT SUNLIGHT AND AVOID OPENING IT FREQUENTLY.

KEEP PERISHABLE FOODS CHILLED BELOW 40°F:

- CROSS-CONTAMINATION PREVENTION: TO PREVENT THE TRANSFER OF BACTERIA, ALWAYS USE SEPARATE UTENSILS, CUTTING BOARDS, AND PLATES FOR RAW MEATS, POULTRY, AND SEAFOOD. WASH THESE ITEMS THOROUGHLY WITH HOT, SOAPY WATER BEFORE REUSING THEM OR USE DIFFERENT SETS ALTOGETHER.

- SAFE FOOD HANDLING: WHEN HANDLING RAW ITEMS, SUCH AS MARINATING MEATS, MAKE SURE TO AVOID CONTACT WITH READY-TO-EAT FOODS TO PREVENT ANY POTENTIAL CONTAMINATION.

- USE SEPARATE UTENSILS FOR RAW AND COOKED ITEMS:

COOK MEATS THOROUGHLY:

- TEMPERATURE MONITORING: USE A FOOD THERMOMETER TO ENSURE THAT MEATS, ESPECIALLY POULTRY, BURGERS, SAUSAGES, AND OTHER GROUND MEATS, REACH A SAFE INTERNAL TEMPERATURE. FOR EXAMPLE, POULTRY SHOULD REACH 165°F (74°C), WHILE GROUND BEEF AND PORK SHOULD REACH 160°F (71°C).

- AVOID UNDERCOOKED FOODS: PROPERLY COOKING MEATS HELPS ELIMINATE HARMFUL BACTERIA LIKE SALMONELLA, E. COLI, AND CAMPYLOBACTER. AVOID CONSUMING UNDERCOOKED OR RAW MEATS, AS THEY CAN POSE A SIGNIFICANT RISK OF FOODBORNE ILLNESSES.

- TIME LIMITS: AVOID LEAVING PERISHABLE FOODS AT ROOM TEMPERATURE FOR EXTENDED PERIODS. DISCARD ANY LEFTOVERS THAT HAVE BEEN LEFT OUT FOR MORE THAN 1-2 HOURS.

- SAFE WATER AND PRODUCE: WASH FRUITS AND VEGETABLES UNDER RUNNING WATER BEFORE CONSUMING TO REMOVE DIRT, BACTERIA, AND POTENTIAL PESTICIDE RESIDUES.

- SAFE GRILLING: ENSURE THAT MEATS ARE THOROUGHLY COOKED, AVOID CHARRING OR BLACKENING, AND USE A CLEAN PLATTER TO TRANSFER COOKED ITEMS TO PREVENT CROSS-CONTAMINATION.

ADDITIONAL FOOD SAFETY CONSIDERATIONS:

- HAND HYGIENE: ALWAYS WASH YOUR HANDS THOROUGHLY WITH SOAP AND WATER BEFORE AND AFTER HANDLING FOOD!

- SAFE STORAGE: PROPERLY STORE NON-PERISHABLE FOODS IN A COOL, DRY PLACE AWAY FROM DIRECT SUNLIGHT AND CHEMICALS.

- SAFE WATER AND PRODUCE: WASH FRUITS AND VEGETABLES UNDER RUNNING WATER BEFORE CONSUMING TO REMOVE DIRT, BACTERIA, AND POTENTIAL PESTICIDE RESIDUES.

- SAFE GRILLING: ENSURE THAT MEATS ARE THOROUGHLY COOKED, AVOID CHARRING OR BLACKENING, AND USE A CLEAN PLATTER TO TRANSFER COOKED ITEMS TO PREVENT CROSS-CONTAMINATION.

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