



PRESS RELEASE FOR LOCAL MEDIA

Central Michigan District Health Department
"Promoting Healthy Families, Healthy Communities"

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To: Local News Media

From: Central Michigan District Health Department

RE: Outdoor Eating Food Safety

Release Date: June 2017

Outdoor Eating Food Safety

With warmer weather upon us, outdoor conditions are ideal for picnics and barbecues. Typically we see an increase in foodborne illness related to improper food temperatures in the summer months. One in six Americans are stricken with foodborne illness each year. Make sure your fun in the sun doesn't get cut short by following these simple food safety summer cooking tips!

Clean - Clean surfaces, utensils, and hands with soap and water. Rinse all produce before use with water as well. If you are at a park or location without running water, improvise! There are many brands of moist cleaning towels that are a great tool to wipe surfaces. Large insulated drink coolers filled with warm water can be used for hand washing. Place a bucket under the spout to catch wastewater and you have an instant handwashing station!

Separate - Separate plates, utensils and food. Use separate plates and utensils for raw and cooked meats, poultry and ready to eat foods. When storing food products be sure raw meats are separated from ready to eat foods such as produce. Keep foods covered during the meal to prevent contamination.

Cook – When cooking meat on the grill, using a food thermometer is always the safest practice. Just because your burger is brown - not pink, doesn't mean it is safe to eat. Follow these basic minimum temperatures:

SAFE MINIMUM INTERNAL TEMPERATURES

Poultry: 165 °F

Ground meats: 160 °F

Beef, pork, lamb, and veal (steaks, roasts and chops): 145 °F and allow to rest at least 3 minutes

Be sure once foods are prepared to store them at the proper temperatures. When cooking hot foods a minimum of 135 degrees and for cold foods a minimum of 41 degrees. Rule of thumb – hot foods hot and cold foods cold!

Chill- Hot or cold foods should not sit out any longer than 2 hours at room temperature or 1 hour if the temperature is above 90 degrees. If this happens, when in doubt throw it out! Keep food out of the **danger zone: between 41°F to 135°F**, which is where bacteria multiply quickly.

So just remember clean, separate, cook and chill to help keep your fun in the sun lasting all summer long. By following these simple food safety summer cooking tips you can protect your friends, family and yourself against foodborne illness. To learn more about food safety visit www.usda.gov and click the food safety link. You can also visit our website www.cmdhd.org under the BUSINESS section.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at www.cmdhd.org, LIKE Central Michigan District Health Department on Facebook and follow us on Twitter @CMiDHD.

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