

Health Promotion in Motion

Summer Food Safety

Food safety is important all year round but summer poses additional challenges. We entertain and eat outdoors more, and warm temperatures increase risk of food poisoning. Foods that need safe handling include:

- Hamburger
- Steaks
- Pork chops
- Fish, lobster, shrimp, and other seafood
- Foods made with eggs, dairy products, mayonnaise, cheese, sour cream, yogurt – such as potato, macaroni, egg, tuna, ham, chicken, turkey, and tofu salads
- Hot dogs
- Poultry



Safe Handling

- **Before handling food**, wash your hands with soap and water.
- **After handling raw meat or other raw foods**, wash your hands with soap and water.
- If soap and water are not available, bring a hand sanitizer or anti-bacterial hand wipes
- Thaw meat in the refrigerator, microwave, or under cold running water **ONLY**. Do **NOT** thaw meat at room temperature on the counter.
- Keep meats refrigerated until ready to cook.
- All fruits and vegetables need to be rinsed under running water before eating to eliminate bacteria. This includes produce with skins and rinds.

Safe Preparation

- Use clean cutting boards – ideally, one board for fresh produce and another for raw meat.
- Marinate food in the refrigerator – **NOT** on the counter.
- Do not reuse marinade after it has come into contact with raw meat.
- **Avoid cross contaminaton**. Never place cooked food on a plate that previously had raw food on it. Get a clean plate.
- When serving food, always use a clean plate and utensils.



Safe Cooking Temperatures

Is it done yet? You can't tell by looking. Use a food thermometer to be sure.

Steaks/Roasts	Seafood	Pork	Ground Beef	Egg Dishes	Poultry
					
145°F	145°F	160°F	160°F	160°F	165°F

Safe Transporting

- If you have a lot of errands, do your grocery shopping last, then go home and put your food away – right away.
- When you bring home groceries or bring food to a picnic, campsite, or party, keep them cold. Use an insulated cooler with ice or ice packs. Keep the cooler out of the hot trunk.
- After cooking, food should be put away within two hours. If it is very hot (over 90°), foods should be put away within 1 hour.
- All leftovers should be covered in airtight containers and refrigerated – or stored in a cooler over ice as soon as everyone is finished.
- Ice used in a cooler to chill foods can become contaminated with bacteria. The cooler must be drained. **Do not eat the ice.**



Grilled Corn on the Cob

Serves 4 (½ cup veggies per person)

Recipe from www.fruitsandveggiesmatter.gov

Preparation Time: 1 hour, 10 minutes

4 ears fresh corn with silks and husks
 1 fresh lime or lemon, cut into wedges
 Salt, pepper, chili powder to taste (optional)

- Leave on husks and silks – and soak corn for 30 minutes in enough water to cover.
- Remove corn from water and pull the husks away from the top of the cobs to drain any excess water. Pull husks back over the cobs.
- Place corn on grill over hot coals and close lid of grill. Cook 25–30 minutes, turning frequently, until corn is tender. Remove corn from grill.
- If husks are too hot to handle, let them cool before removing husks.
- Squeeze fresh lemon juice over corn. Sprinkle with salt, pepper, or chili powder.



Nutrition Facts Serving size: 1 ear of corn. 130 calories; 2g fat; 0g saturated fat; 0mg cholesterol; 95mg sodium; 29g carbohydrate; 4g dietary fiber; 5g sugars; 5g protein. **Diabetic Exchanges** 2 carb.