



Summer is heating up and warmer temperatures mean it is important to *Be Food Safe* and keep foods properly chilled while outdoors and on-the-go.

Follow the basic *Be Food Safe* practices of **Clean, Separate, Cook and Chill** to help reduce your family's risk of foodborne illness.



Super Heat!

Remember—In hot weather (**above 90° F**), food should never sit out for more than 1 hour.

Discard any food left out more than 2 hours (1 hour if temperatures are above 90° F)

Chill!

Hot Weather Food Safety Reminders

- ◆ Pack your cooler just before you hit the road. If you pack meat and poultry while it is still frozen it will stay colder longer.
- ◆ Pack foods in your cooler in reverse-use order—pack foods first that you are likely to use last. By doing this, you avoid having to unpack and repack the cooler along the way.
- ◆ Pack lots of ice and/or freezer packs to ensure a constant cold temperature. A full cooler will maintain a cold temperature longer than one that is partially filled.
- ◆ Keep the cooler out of direct sunlight.
- ◆ Keep drinks in a separate cooler from foods. The beverage cooler will be opened frequently while the food cooler stays closed.
- ◆ Take perishable foods in the smallest quantity needed and pack only the amount of food you think you'll use. Consider taking along non-perishable foods and snacks that don't need to be refrigerated.

On-the-Run or On-the-Road?



If running warm water and soap are not available for hand-washing, be sure you bring along disposable wipes or hand cleanser. Always clean hands before handling food!

<http://www.befoodsafe.org/>