Food Safety on the MOVE
Hitting the road for a picnic or cookout? Cases of food poisoning peak in the summer months, so if you’re on the move with food, remember these food safety tips!

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BRING SOAP TO WASH HANDS

Always wash hands before and after handling food.

Soap and water is best - hand sanitizer will do if running water isn’t available.

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HOT CAR? NO COOLERS IN TRUNK!

Transport coolers in the air conditioned passenger compartment, not in a hot trunk. On a hot day (+90°F) don’t let food sit in the car for more than 1 hour.

REMEMBER!

Most harmful bacteria grow fastest between 90 °F and 110 °F. Keep food chilled in summer – even on the way home from the store!

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DON’T LET FOOD SIT OUT!

Perishable foods should not be left out of refrigeration for more than 2 hours – reduce that to just 1 hour on a hot day (>90 °F)!

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Pack plenty of ice

Pack lots of ice or ice packs in your cooler to keep food cold.

Leftover food is safe only if the cooler still has ice in it. Otherwise, discard leftovers.
KEEP RAW MEAT SEPARATE

Keep wrapped raw meat and poultry separate from cooked foods, fruits and vegetables.

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USE A FOOD THERMOMETER

Use a food thermometer to make sure your food is cooked to a safe internal temperature and not overcooked.

You can’t tell by looking!

SAFE COOKING TEMPERATURES

BEEF, PORK, VEAL, LAMB (ROAST, STEAKS, CHOPS) ....... \(145^\circ\)

(+ 3-MINUTE REST TIME)

GROUND BEEF ............................................................................. \(160^\circ\)

POULTRY; GROUND POULTRY .................................................. \(165^\circ\)

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Learn more about food safety and how to Fight BAC!® at home at www.fightbac.org.