

### thawing - Do it the night before

Contrary to common practice, it is *not* safe to thaw meat and poultry on the kitchen counter. Bacteria can multiply dangerously in the outer layers before inner areas are thawed. **INSTEAD.....**

- ◆ To allow plenty of time for larger cuts to thaw, **take meat or poultry out of the freezer and put it on a refrigerator shelf a night or two before** you need it.
- ◆ **But if the meat is still partially frozen** when you're ready to leave, no problem. Just cook it a bit longer at the picnic!

### TAKE WHAT YOU KNOW ABOUT KITCHEN CLEANLINESS OUT TO THE GRILL!!

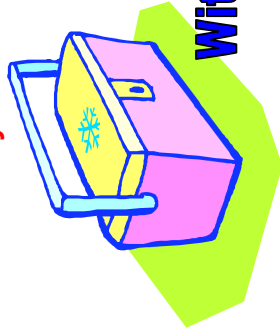
- ◆ If there's no water faucet available, use disposable, wet handwipes to **clean your hands before working with food.**
- ◆ **Keep bacteria on raw meat from spreading.** Wash your hands again after working with raw meat or poultry and before handling other food.
- ◆ Take up cooked meat and poultry with clean utensils onto a fresh plate for serving. **Don't re-use utensils, plates, or bowls you used with the raw product--for either the cooked meat or any other food.**

Buy perishable products LAST at the



store and get them right home to the refrigerator, or into the portable cooler or insulated bag you're taking on the picnic.

**Never leave perishables in a hot car while you run other errands.**



For a relaxed, worry-free picnic, keep your perishable food – ham, potato or macaroni salad, hamburger, hot dogs, lunch meat, cooked beef or chicken, deviled eggs, custard or cream pies **IN A COOLER!.... WHY???**

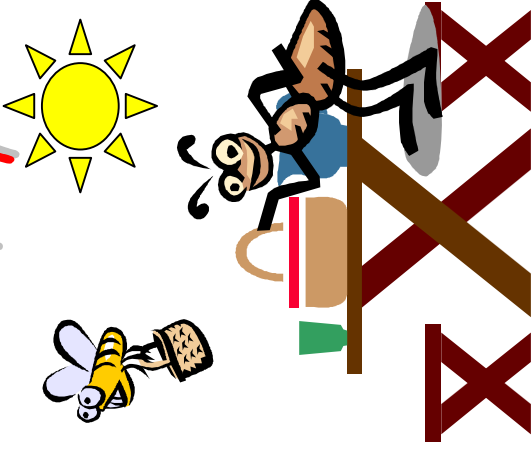
Because at warm temperatures –60 degrees F and over –food poisoning bacteria can begin to multiply and cause illness. In the Summer heat they multiply **VERY QUICKLY!!!**

**C'mon, Let's Have**

### BUT REMEMBER....

1. Keep Food Cold  
(This is the best way to fight bacteria.)
2. Keep Bacteria On Your Hands Out of Food  
(Everyone wash hands before preparing food.)
3. Don't Spread Bacteria From Raw Meat And Poultry To Other Food  
(Wash hands after contact with raw meat and poultry. Use a fresh plate and utensil set for each food.)
4. Thoroughly Cook Raw Meat, Poultry & Fish
5. Don't Use Food From Damaged Containers  
(Check cans and glass jars for dents, cracks or bulging lids; paper packages for leaks and stains)
6. Take "summer stock" of your appliances  
(Refrigerator should register a Safe 40 degrees F; Freezers should be set at 0 degrees F or lower.)

# For A Safe And Happy Picnic Summertime Food Safety Rules



Brought to you by the:

**Island County Health Department Food Program**