

Remember!

- ❑ **In the car** going to the picnic or campsite, put the ice chest in the passenger section. It's much cooler than the trunk!
- ❑ **The first night's dinner** – You can enjoy fresh meat and poultry dishes the first night when camping, even in warm weather, if you bring them partially thawed for cooking, or pre-cooked and frozen for re-heating. For example, frozen hamburger patties are good to bring from home.
- ❑ **Bacon, lunch meat or hotdogs for the second day when camping?** In cooler outside weather (under 80 degrees F), you can still take these things for breakfast and lunch the second day. If there are still chunks of ice in the cooler water when you're ready to use them, they are still cold enough to be safe.
- ❑ **If you catch fish** while camping or picnicking, remember that **Fish are Highly Perishable**. After cleaning, wash fish thoroughly. Cook immediately or wrap tightly and keep in the cooler with ice for **No longer than 24 hours**.
- ❑ **Other ways to keep the ice chest cool** – Wrap the cooler in newspapers and put it in a sleeping bag in the shade while you're hiking, fishing or boating.
- ❑ **keep everything that touches food clean!!**
- **Wash your hands** before preparing food.
- **Wash utensils, bowls, countertops** between work on each dish

More Picnic Safety Tips

- **Freeze your sandwiches** –(This works best with coarse-textured breads that won't get soggy on thawing. The sandwich thaws in time for lunch and keeps everything else cool in the meantime!) **Mayonnaise-based meat, poultry and fish salads and tomatoes and lettuce don't freeze well.**
- **Use a thermos** to keep milk or juice cold until lunchtime. Or try the fruit juices in special wax-paper cartons that need no refrigeration.
- **Whatever you do, keep your lunch/picnic in the coolest place possible.**
- **For quick use, perishable products can be kept in the refrigerator for a few days.** (if the store wrap on meat and poultry is clean and not torn, leave it on. Otherwise, re-wrap products in clean plastic or aluminum wrap. Make sure the refrigerator is cooling food to 40 degrees F or lower.
- **For longer storage, freeze food.** Wrap items tightly in heavy freezer foil or bags. Make sure your freezer registers 0 degrees F or lower.

Solve "Sudsy's" puzzle!

Fill in the blanks in the sentences.

Write the words in the puzzle.

Use the words in the Word Bank to help you.

Down

1. Help prevent the spread of infection by _____.
4. After washing you will be _____.
7. If too many germs get inside you they can make you _____.

Across

2. Wash your _____ before you eat.
3. Turn the faucet off with the _____ paper _____.
5. Wash your hands with lots of _____.
6. Don't put dirty hands in your _____.
7. Germs are too small to be _____ without a microscope.
8. Small bugs that can cause disease are called _____.

WORD BANK

Handwashing

Germs

Soap

Mouth

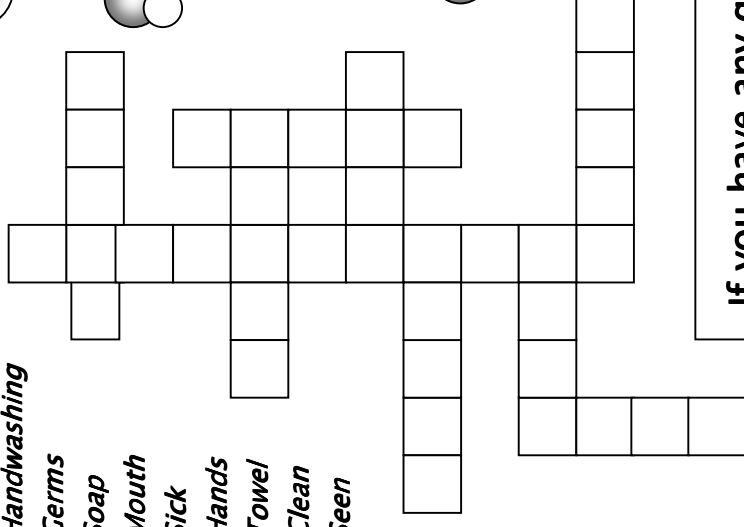
Sick

Hands

Towel

Clean

Seen



Let Me Help You Wash Those Hands CLEAN!!

If you have any questions, please contact the

Island County

Health Department

Food Program at

(360)240-5564

(from South Whidbey

321-5111 ext 5564;

from Camano Island

629-4522 ext 5564)

or stop by our office at

1791 NE 1st Ave.

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