

LIFESTYLE

LESSONS



Summer Picnic Safety

Picnicking in the summertime is great fun for the entire family, especially if you are celebrating a special occasion. However, if picnic fare is not handled safely, you and your family could be susceptible to foodborne illnesses. Follow this guidance to ensure a safe and sanitary picnic.



- Wash your hands thoroughly before handling food and utensils.
- Unless you are planning to picnic the next day or are freezing food, do not prepare meals ahead of time to prevent bacteria growth.
- Cool mayonnaise-based foods immediately after preparing them.
- Do not let food items sit out for more than one hour.
- While eating, keep foods covered so that insects do not land on the food and spread diseases.
- Keep cold foods at 40 degrees Fahrenheit or colder. If you are at an outdoor gathering, do so by placing your food in an insulated cooler with ice or frozen gel packs.
- Hot foods must be kept at 140 degrees Fahrenheit or hotter. To keep containers warm, wrap them in a towel followed by newspaper, and then place them in a box.
- When cooking outdoors, always cook food thoroughly right away. Do not partially cook food to finish later. This allows toxins, a harmful form of bacteria that is killed when cooking, to form.



Store Your Cooler Safely

The trunk of your vehicle can exceed temperatures of 150 degrees Fahrenheit, so it's best to put coolers in the passenger area of your vehicle. Once you have arrived at your destination, place coolers in the shade and keep them closed until you are ready to eat.

For additional lifestyle and well-being guidance, contact us today.