

Easy Ways To Keep Your Picnic Food Safe

AT YOUR NEXT PICNIC away from home, follow these food safety tips.

- Wash hands with hot soap and water before cooking food, after touching raw meat, and after using the restroom. If soap and water aren't available, a hand sanitizer will reduce—though not eliminate—germs.
- Chill food before placing it in a cooler filled with ice.
- Transport coolers in air-conditioned vehicles, and place them in the shade when you've reached your destination.
- Keep meats refrigerated while they're marinating. If you plan to use the marinade as a sauce, set some aside before adding the rest to raw meats.
- Bring along a meat thermometer to make sure barbecued meat is cooked to its proper temperatures (hamburgers to 155°F; beef steaks to 145°F; poultry to 165°F; and pork chops, fish filets, and hot dogs to 145°F).
- Place cooked meats on a clean plate—not the dish they sat on before they were cooked. Use clean utensils with cooked meat, and use separate utensils for meat and side dishes.
- Discard food that's been unrefrigerated for more than two hours.

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