

HAVE A FOOD SAFE SUMMER



While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

Basic Tips:

CLEAN surfaces, utensils and hands with soap and water. If you are at a picnic, bring moist towelettes to use. Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them.



Use a **FOOD THERMOMETER**.



When grilling, use **SEPARATE** plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

CHILL raw and prepared foods promptly if not consuming after cooking. Don't leave food at room temperature for longer than 2 hours (or one hour if it is above 90° F. If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.



SAFE COOKING TEMPERATURES

as measured with a food thermometer

GROUND MEAT & MEAT MIXTURES	Internal temperature
Beef, Pork, Veal, Lamb	160 °F
Turkey, Chicken	165 °F

FRESH BEEF, PORK, VEAL & LAMB	145 °F
	with a 3 minute rest time

POULTRY	
Chicken & Turkey, Whole	165 °F
Poultry Parts	165 °F
Duck & Goose	165 °F
Stuffing (cooked alone or in bird)	165 °F

HAM	
Fresh (raw)	160 °F
Pre-cooked (to reheat)	140 °F

EGGS & EGG DISHES	
Eggs	Cook until yolk & white are firm
Egg Dishes	160 °F

SEAFOOD	
Fin Fish	145 °F
	or flesh is opaque and separates easily with fork
Shrimp, Lobster & Crabs	Flesh pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking
Scallops	Milky white or opaque & firm

LEFTOVERS & CASSEROLES	165 °F
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