



Nutrition Facts

Food Safety at Picnics: PREVENTING FOOD BORNE ILLNESSES

Here are some helpful tips on keeping your food safe outside:

1. Put ice on top.

- ✓ Place foods to be kept coldest on the bottom.

2. Pack right from the refrigerator.

- ✓ Keep food cold or frozen before putting it in the cooler.

3. Wrap all foods separately in plastic.

- ✓ Do not place foods directly on ice that is not of drinking water quality.

4. Keep raw meat, poultry or fish well wrapped.

- ✓ Wrapping prevents contamination of other foods from drippings.

5. Do not put cooler in a hot trunk.

- ✓ Keep it in the shade at the picnic. Also, keep the lid on the cooler.

6. Keep food and utensils covered until serving time.

- ✓ Flies, and other insects can carry Salmonella.

7. Wash your hands.

- ✓ Take along disposable hand towels to use before and after working with foods.

8. Thoroughly cook all raw meat, poultry and fish.

- ✓ The center of hamburger patties should not be pink, the juices should run clear.

9. Use a clean plate.

- ✓ Do not put cooked foods on the same plate that held raw meat or poultry.

10. Remember the two hour rule.

- ✓ Return leftovers to cooler as quickly as possible. Two hours is the maximum time food should be left unrefrigerated. If ice has melted, discard perishable leftovers.



Ask the Dietitian County of Los Angeles
Public Health Nutrition Program
www.lapublichealth.org/nutrition

