

POTLUCKS

Skip foodborne illness with simple food safety



Pot Luck Tips

Remember the “two hour rule.” Any potentially-hazardous foods that have sat out at room temperature for more than two hours should not be eaten.

Have a plan for keeping hot foods hot and cold foods cold. Hot food should be kept over 140 degrees and cold food should be kept under 40 degrees.

Don't prepare foods the day before an event, intending to reheat them a slow cooker. Completely cooking the food on the day of the event eliminates the risky cooling and reheating steps.

Encourage the use of paper plates and/or clean plates for second helpings.

When in doubt, throw it out! Just skip the risks.

Food Safety Matters

According to the Centers for Disease Control and Prevention (CDC), every year 1 in 6 Americans gets sick after consuming a contaminated food or beverage.

These illnesses are largely preventable with proper food safety, yet potlucks are where food safety strategies often break down. Foods sit out for far too long at the wrong temperature, and people can easily contaminate a dish by grabbing a serving with their hands or double-dipping.

If a pot luck is in your future, take food safety seriously! Make sure that each item is labeled and has a fresh serving utensil. Keep everything at the right temperature and uncontaminated.

