
SUMMER SAFETY

Top tips to avoid foodborne illness

Food Safe Shopping Tips

Leaving food in the car for too long is a recipe for foodborne illness in the summertime.

Stick to these strategies and keep your food safe!

- Put a cooler and some ice blocks in the trunk of your car when you go grocery shopping.
- When doing errands, make the grocery store your last stop.
- When you're in the grocery store, pick up frozen and refrigerated foods just before you hit the checkout lines.
- If you're going to a farmers' market, farm stand, or pick-your-own field, take a cooler along too. Don't store fresh produce in the trunk of your car.

Food Safety and You:

The temperatures are creeping up outside, and this nice weather means that lots of people will want to have outdoor barbecues, picnics, and pot lucks. These can be a total blast, but extra food safety concerns accompany these rising temperatures. Here's what you can do to combat foodborne illness this summer...

- Remember, the **“two hour rule”** changes to the **“one hour rule”** when temperatures creep up above 90 degrees Fahrenheit.
- This means that you **should not allow food to sit out at room temperature for longer than one hour.**
- Hot temperatures are just right for **allowing the bacteria in food to multiply** to numbers that could make people sick. This includes foods on picnic tables, buffet lines at family reunions, and bag lunches.

