





## Tailgating Food Safety Tips


Football season is about to kick off nationwide and tailgating parties are part of game day activities with the football game itself. Don't let your game day get spoiled with food poisoning or a food borne illness. Handling food at the stadium is just as important as handling it at home. Food safety can be a team effort, especially when there is a group of people involved. Below are some rules of food safety to get your game on and lower the risk of getting a food borne illness.




### Play #1-Clean


 Wash your hands with hot soapy water or use disposable moist towelettes before handling food. Hand washing will ensure that everyone will be safe.


 Wash your produce at home under running water. Use a scrub brush if necessary. For time savings, cut up produce at home and place in a storage bag for the next day's events.


 Make sure you have lots of paper plates, napkins, and utensils or clean dishes to hold cooked foods. Never reuse the dish that the raw foods were in to put cooked foods in.

### Play #2-Cook


 Prepare as much food as you can at home. Shape your hamburger patties and place in storage bags the night before, so all you have to do is grill them and toss the bag away.


 Take along a food thermometer to make sure you cook foods to the required internal temperature of meat and poultry.


 Hamburgers should be cooked to 160°F, cook chicken and all poultry products to 165°F, pork cuts to 160°F and steaks to at least 145°F.

 Place grill away from vehicles. Make sure the chef is watching the grill until all food is done cooking.


### Play #3–Separate. Don't Cross Contaminate!


 Make sure storage bags and containers are sealed properly so raw meat and poultry juices do not leak onto fruits, vegetables, and cooked foods.


 When removing foods off the grill place them in a clean plate.


 Do not reuse marinade used on raw poultry and meat to place on cooked meat. It contains lots of bacteria that will make you sick.


### Play #4–The Big Chill

 Store drinks in a separate cooler to avoid the frequent opening of the food cooler.

 Remove from the cooler only the amount of raw meat that will fit on the grill at one time.

 Return leftovers to the cooler with plenty of ice or frozen ice gel packs within 2 hours of serving, 1 hour if the temperature is above 90 degrees.

 Pack spreads and condiments separately. Add mayo, mustard, ketchup and salad dressing just before serving.

 Keep hot foods hot and cold foods cold. Remember the temperature danger zone of (40 to 140 degrees F) foods held at these temperatures have bacteria multiply rapidly.

## Half-time Wrap Up

Remembering those few tips can ensure you a safe game day. It is always wise to possibly plan the menu according to the weather. If it is real hot try not to serve something that is very perishable and will spoil rapidly. Remember, your food safety tips for the ready to serve foods also; they too are prone to food spoilage if precautions are not taken.



Have a Safe and Happy Tailgating Season!!

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