Summer Food Safety Tips!

During the summer people tend to do more cooking and eating outside. Here are some tips to help keep your outdoor cooking safe.

- **Always wash hands in hot, soapy water before and after handling food.** Dirty hands carry bacteria that can make you sick.

- **Avoid the danger zone.** Keep hot foods hot above 140°F & cold foods cold below 40 °F. Use plenty of ice to keep cooler contents cold.

- **Refrigerate foods that are marinated for long periods of time and don’t use sauce that was used to marinate raw meat or poultry on cooked food.**

Use a meat thermometer to insure food reaches a safe internal temperature:

<table>
<thead>
<tr>
<th>Type of Meat</th>
<th>Safe Internal Temperature</th>
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<tbody>
<tr>
<td>Hamburgers</td>
<td>160º F</td>
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<tr>
<td>Steaks &amp; Roasts</td>
<td>145º F (medium rare) with a 3 minute rest time or 160º F (medium)</td>
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<tr>
<td>Ground Poultry &amp; Poultry Parts</td>
<td>165º F</td>
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<tr>
<td>Fish</td>
<td>145º F</td>
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The color of cooked meat and poultry is not a sure sign of it’s of doneness. For instance, hamburgers can remain pink even after cooking to temperatures of 160 °F or higher, or can appear brown and cooked and not yet have reached it’s safe internal temperature. Smoked poultry remains pink, no matter how cooked it is. Only by using a food thermometer can you accurately determine that meat and poultry have reached safe internal temperatures.

When taking foods off the grill, do not put cooked food items back on the same plate that previously held raw food.
Grilled Vegetable Packets

2 zucchinis, small (sliced)  2 yellow squash, small (sliced)
4 red potatoes, small (sliced)  ½ red onion (sliced)
½ bell pepper (seeded & sliced)  ¼ c. Italian salad dressing light

Wash vegetables & slice. Toss with dressing until coated. Tear 2 squares of aluminum foil and place ½ of veggie mixture on each piece. Place an equal piece of foil over the top of veggie mixture and fold bottom piece with top sheet to form a packet. Place on heated grill for 20-30 minutes or until the potatoes are tender. If you don't have a grill bake Veggie Packets in oven at 400°F for 20-30 minutes. Before opening packets, poke holes in them with a fork. Be very careful opening the foil as the steam will be very hot and could burn you! Enjoy!

Make Your Own Marinade

1/4 cup onion, chopped  2 Tbsp. parsley
2 Tbsp. white vinegar  1 Tbsp. prepared mustard
1/4 tsp. garlic powder  ¼ tsp. basil, dried

Mix onion, parsley, vinegar, mustard, garlic powder and basil. Place meat in plastic bag and pour in marinade. Close the bag securely, place in a bowl and marinate in refrigerator six to eight hours or overnight, turning at least once. Pour off marinade and discard. Broil or grill meat to recommended temperature.

Contact the Nutrition Advisor in your county to schedule a workshop:

Benewah, Kootenai & Shoshone  446-1680
Bonner & Boundary  263-8511
Clearwater & Nez Perce  799-3096
Latah  883-2267
Idaho or Lewis  983-2667

To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD
Web: www.eatsmartidaho.org  Phone: 446-1680  E-mail – kalig@uidaho.edu

Sources: http://www.desu.edu/sites/default/files/Summer%20food%20safety%20tips.pdf; http://recipefinder.nal.usda.gov retrieved 06/31/1

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho’s toll-free number. The University of Idaho is an equal opportunity/affirmative action employer, provider and educational institution.