

Let's have a picnic!

Spring and summer months are perfect for picnics and barbeques where friends and families spend time together outdoors. Take caution though, bacteria grow and multiply faster in warm conditions, which could cause food poisoning. Use these tips to keep your family safe during outdoor meals.



Keep Hot Foods Hot

- Cook meat and poultry thoroughly to their safe minimum internal temperatures:
 - Beef, Pork: 145 °F
 - Ground meats: 160 °F
 - Poultry: 165 °F
- Pack hot dishes, such as baked beans in an insulated container.
- After cooking meat on the grill, move it to the side of the grill rack, not directly over the coals where they could overcook.



Keep Cold Foods Cold

- Cold food should not be left out of the cooler for more than 2 hours. (1 hour if temperature is above 90 °F.)
- Keep cold food in the cooler until ready to cook.
- Serve small portions and keep the rest in the cooler.
- If there is still ice in the cooler when you get home, and the food did not sit out at the picnic, the food is still safe to store in the refrigerator.
- If you don't remember how long food has been sitting out in the heat, throw it away. Remember, *When in doubt, throw it out!*

Website:
www.postrock.ksu.edu

Check out our blog:
postrockextension.blogspot.com

Stay connected by following us
on social media:

 "Post Rock Extension"
 @KSRE_PostRock



Ashley Svaty, Nutrition, Food Safety, and Health Agent
Email: asvaty@ksu.edu Twitter: @PRDhealth

To access resources and services made available through K-State Research and Extension please contact Nora or visit any Post Rock District Office.

Packing your cooler

Choose the right size cooler for your needs. Full coolers will keep foods cold longer than those partially filled.



Don't over pack. Bring only the amount of food you plan to use during your picnic.

Don't forget the ice. Pack your cooler with several inches of ice or use frozen gel-packs, frozen juice boxes, or frozen water bottles. Block ice keeps longer than ice cubes. Use clean, empty milk or water jugs to pre-freeze blocks of ice.

Store uncooked meat, poultry, or fish in a sealed container. Pack it in the bottom of the cooler so juices will not leak onto other foods.

Pack foods right from the refrigerator into the coolers. You want to keep the food at 40 °F or below.

Pack a cooler just for drinks. Using separate coolers for drinks and food will keep your food cooler from constantly being open.

Do not put coolers in the car trunk. Carry it inside an air-conditioned car. At picnics, keep the cooler in the shade and keep the lid closed. Replenish the ice if it melts.

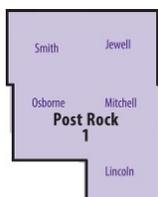
Don't forget to pack extra plates, clean utensils, storage containers for leftovers, napkins, food thermometer, trash bags, and moist towelettes if handwashing stations are not available.

Family Fun

- Explore with a nature scavenger hunt.
- Walk or ride bikes on a nature trail.
- Play water catch at the beach or pool.
- Bring a rubber ball, Frisbee, or jump rope.
- Do a "walk around" to explore.
- Kids like to dance. Ask your child to pick the music.



Source: USDA Nibbles for Health



Post Rock Extension District #1

Beloit Office 115 S. Hersey Beloit, KS 67420 (785) 738-3597
Lincoln Office 216 E. Lincoln P.O. Box 8 Lincoln, KS 67455 (785) 524-4432
Mankato Office 307 N. Commercial Mankato, KS 66956 (785) 378-3174
Osborne Office 113 N. 1st Street Osborne, KS 67473 (785) 346-2521
Smith Center Office 218 S. Grant P.O. Box 287 Smith Center, KS 66967 (785) 282-6823

*Knowledge
forLife*

Kansas State University, County Extension Councils, Extension Districts, and U.S. Department of Agriculture cooperating. All educational programs and materials are available without discrimination on the basis of race, color, national origin, sex, age, or disability. K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact a Post Rock District Office.