

July is National Picnic Month

Summer holidays provide a break from school and work, but we shouldn't break from being smart about food safety. Keep your picnics with family and friends healthy and safe this summer by remembering the following tips:

Temperature and time: Remember the phrase "MORE THAN TWO IS BAD FOR YOU"! This means food can be left outside the refrigerator and outside for no more than two hours. Keep hot food hot and cold food cold during outdoor gatherings.

Use a food thermometer: According to USDA research, 1 out of every 4 hamburgers turns brown in the middle before it has reached a safe minimum internal temperature of 160 degrees.

Bring non-perishable foods: Reduce the worry of keeping foods at certain temperatures by limiting the number of perishable foods. Try bringing baked potato chips or pretzels instead of potato salad, washed whole fruit instead of fruit salad.

Two coolers are better than one: One cooler for perishable food and one for beverages. Then the perishable food cooler isn't opened as often with people getting drinks!

Keep it clean: Bring water for preparation and cleaning or bring wet disposable sanitizing wipes.

Watch for cross-contamination: Harmful bacteria can be passed from one food to another by shared cutting boards, utensils.

Most of all have FUN!!!



Fun Camping Foods for Kids

Recipes that involve putting a mix of ingredients together into a foil packet allows kids to pick and choose what they want in their mix!

Foil Packet Potatoes

Diced Potatoes, Sliced onions, shredded cheese, bacon bits, butter or oil, herbs and salt and pepper to taste.

Place ingredients on pieces of heavy duty foil. Put desired ingredients over the potatoes and dot with butter or drizzle with oil. Fold foil around potatoes and grill for 30-40 minutes.

You could also use sweet potatoes, squash, zucchini, cauliflower and broccoli in your foil packets!!

