

Eating Outdoors: *Handling Food Safely*



Keep your food safe: from the refrigerator/freezer — all the way to the picnic table!

Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical. Read on for simple food safety guidelines for transporting your food to the picnic site, and preparing and serving it safely once you've arrived.

Pack and Transport Food Safely

Keep your food safe: from the refrigerator/freezer — all the way to the picnic table.

- **Keep cold food cold.** Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at 40 °F or below to prevent bacterial growth. Meat, poultry, and seafood may be packed while still frozen so that they stay colder longer.
- **Organize cooler contents.** Consider packing beverages in one cooler and perishable foods in another. That way, as picnickers open and reopen the beverage cooler to replenish their drinks, the perishable foods won't be exposed to warm outdoor air temperatures.
- **Keep coolers closed:** Once at the picnic site, limit the number of times the cooler is opened as much as you can. This helps to keep the contents cold longer.
- **Don't cross-contaminate.** Be sure to keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods that will be eaten raw, such as fruits and vegetables.
- **Clean your produce.** Rinse fresh fruits and vegetables under running tap water before packing them in the cooler — including those with skins and rinds that are not eaten. Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. Dry fruits and vegetables with a clean cloth towel or paper towel. Packaged fruits and vegetables that are labeled "ready-to-eat," "washed," or "triple washed" need not be washed.

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UW-MADISON EXTENSION





Tuna Pasta Salad



Ingredients

- 2 cups **macaroni**, uncooked
- 2 cans (5 ounces each) **tuna** or salmon (water-packed)
- ½ cup chopped **zucchini** (about ⅓ small zucchini)
- ¼ cup sliced **carrots** (about 1 carrot)
- ⅓ cup diced **onion**
- ¼ cup **mayonnaise** or salad dressing

Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. Cook macaroni according to package directions. Drain the cooking liquid and cool.
4. Drain tuna or salmon.
5. Mix all ingredients together in a bowl. Chill until ready to serve.
6. Refrigerate leftovers within 2 hours.

Notes

- Try whole wheat pasta to include whole grains.

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Makes: 6 cups
Prep time: 5 minutes
Cooking time: 10 minutes



Nutrition Facts	
6 servings per container	
Serving size	1 cup (115g)
Amount per Serving	
Calories	240
% Daily Value*	
Total Fat 8g	10 %
Saturated Fat 1g	5 %
Trans Fat 0g	
Cholesterol 20mg	7 %
Sodium 170mg	7 %
Total Carbohydrate 28g	10 %
Dietary Fiber 0g	0 %
Total Sugars 2g	
Includes 0g Added Sugars	0 %
Protein 14g	
Vitamin D 1 mcg	6 %
Calcium 21mg	2 %
Iron 2mg	10 %
Potassium 220mg	4 %
Vitamin A 54mcg	6 %
Vitamin C 3mg	3 %

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.