

- 1.** Wash hands before and after preparing food.
- 2.** Pack food in a well insulated container. By ice or icepacks to keep temperatures below 40° F.
- 3.** If you are grilling, keep raw meats and ready-to-eat foods separate.
- 4.** Seal raw or thawed meats in heavy plastic wrap to prevent juices from contaminating other foods.
- 5.** When grilling, remove from the cooler only the amount of raw meat, fish or poultry that will fit on the grill at one time.
- 6.** If you are marinating meat or chicken, don't reuse marinade.
- 7.** Throw away perishable items. Foods should not be left unrefrigerated for more than two hours. In hot weather (90° or above) this time is reduced to one hour.
- 8.** Keep hot food hot and keep cold food cold.
- 9.** During the summer, transport the cooler in the back seat of your air-conditioned car instead of in your hot trunk.
- 10.** Pack moist towelettes to clean.

For more information on food safety at home or out, check out:
www.homefoodsafety.org