

# Outdoor Cooking: Basic Food Safety Principles



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**O**utdoor parties, picnics, hiking, camping and boating are activities we enjoy during the summer months. These types of activities are great fun and usually involve preparing food outdoors. To keep food safe it is important to follow basic food safety principles.

<b>Wash Your Hands</b>	Wash your hands with warm soapy water (100°F-110°F) for at least 20 seconds before handling food, cooking, and eating, and especially after using the bathroom. Always use gloves when you are preparing ready-to-eat foods (foods that are eaten raw). If outdoors, make sure you have soap, water and paper towels available to wash your hands. Use 1 Tablespoon of bleach to 1 gallon of water to sanitize your utensils and surfaces.
<b>Keep Raw Food Separate From Cooked Food</b>	Use a separate plate for raw foods and cooked foods to avoid cross-contamination. Always wash your plates in hot, soapy water before using them again. Keep all utensils and surfaces clean. Wash cutting boards after each use.
<b>Cook Food Thoroughly</b>	To kill harmful bacteria use a food thermometer to cook foods to proper temperature. Cook hamburgers to a minimum of 155°F, poultry to 165°F, and fish to 145°F. For more information on safe food temperatures, visit <a href="http://www.foodsafety.gov/~fsg/fs-cook.html">www.foodsafety.gov/~fsg/fs-cook.html</a> . For information about food thermometers, visit <a href="http://www.fda.gov/fdac/features/1998/598_ther.html">www.fda.gov/fdac/features/1998/598_ther.html</a>
<b>Chill</b>	Food should not be left out for more than two hours. Never leave food out more than one hour when the outside temperature is above 90°F. When bringing cooked foods to an outdoor event, keep the food on ice.

<b>Keep Out of the "Danger Zone"</b>	Bacteria grows rapidly if the food stays in the "Danger Zone" for too long. The "Danger Zone" is between 41°F and 135°F. Cold foods should be held at 41°F or below. Hot foods should be held at 135°F or above. All foods such as potato salad, chicken salad, and ready-to-eat foods should be kept on ice or eaten within two hours of purchase.
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## Recommended Websites

### **Besafefood.gov**

Be Food Safe - Clean, Separate, Cook, & Chill. Information for consumers about four basic practices to keep food safe.

[www.fda.gov/consumer/updates/bbqbasics052207.html](http://www.fda.gov/consumer/updates/bbqbasics052207.html)

Barbeque Basics: Tips to Prevent Foodborne Illness.

[www.fsis.usda.gov/Fact\\_Sheets/Handling\\_Food\\_Safely\\_on\\_the\\_Road/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Handling_Food_Safely_on_the_Road/index.asp)  
Handling Food Safely on the Road.

[www.fsis.usda.gov/Fact\\_Sheets/Safe\\_Food\\_Handling\\_Fact\\_Sheets/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Safe_Food_Handling_Fact_Sheets/index.asp)  
Food Safety Fact sheets for consumers.

[www.fsis.usda.gov/Food\\_Safety\\_Education/Ask\\_Karen/index.asp](http://www.fsis.usda.gov/Food_Safety_Education/Ask_Karen/index.asp)

Have a question about food safety? Ask Karen, the food safety virtual representative. She can answer questions from the public about prevention of foodborne illness, as well as safe handling, preparation, and storage of meat, poultry, and egg products, from an extensive database of food safety information.