

Food on the Go

- **Picnicking**
 - **Camping**
 - **School**
 - **Boating**
 - **Work**
- Before packing any food that you plan to take camping, picnicking, hiking, to school or to work, take a few minutes to consider the illness causing bacteria that may be multiplying in your food.
- Improperly prepared and handled food can cause food poisoning! The good news is that by planning ahead and following the suggestions outlined in this fact sheet, food poisoning can be prevented

Potentially hazardous foods are normally moist, high in protein, low in acid or preservatives which provides a suitable medium for food borne illness causing bacteria to grow. When planning events where you will consume food away from home consider choosing foods that do not require special care and are shelf stable at room temperature and require less handling. However, if your plans include potentially- hazardous foods follow the tips below to keep them safe.

Separate:

- Keep raw and ready to eat foods separate when you shop, prepare and store them to prevent cross-contamination
- Keep foods with common allergens sealed and separate from other foods
- If using marinade, put aside some for later use on cooked meat. Discard marinade that raw meat has been in
- Do not use the same plate for raw meat and then the prepared product

Clean:

- Start with clean hands,
- Ensure counter tops and utensils are cleaned and sanitized between uses
- Wash fruits and veggies prior to cutting and prepare these at home and then refrigerate
- Make sure you have wipes/cleaning solutions/hand sanitizer available
- If you have cuts or open sores and must handle food, wear a disposable plastic glove to cover. Change the glove frequently between tasks
- Wash and sanitize your cooler prior to placing food in it.

Cook:

- Food poisoning organisms grow well at temperatures in the temperature danger zone (4°C to 60°C)
- Cook foods to the required temperature to kill bacteria
- Use a probe thermometer to determine doneness
- Avoid partially cooking foods to finish later- this is a dangerous practice as bacteria continue to grow
- Ground meat and roasts/steaks that have been mechanically tenderized must be completely cooked to a temperature of 71°C
- Poultry parts must be cooked to a temperature of 74°C
- If you must hold cooked meat to serve later ensure it is held at 60°C or higher

Chill

- To prevent food borne illness, chill items before packing, and when possible freeze products the night before to help keep the cooler cold
- When refrigeration is available at the site, be sure to use it!
- When no refrigeration is available keep food cold by using ice or cold packs and thermal containers. If you partially freeze juice packs they will keep your cooler even colder longer.
- Keep your cooler in the shade and out of the hot car
- Ensure you have a thermometer to check that foods remain at 4°C or below
- Throw out any leftovers that may have become warm or contaminated