



**SAGINAW COUNTY  
DEPARTMENT OF PUBLIC HEALTH**  
*protecting and promoting the public's health since 1928*

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**NEWS RELEASE**

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**FOR IMMEDIATE RELEASE**

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**SAGINAW COUNTY DEPARTMENT OF PUBLIC HEALTH  
URGES FOOD SAFETY FOR SUMMER ACTIVITIES**

Summer will soon be here and with it will be cookouts, camping, road trips, and other activities that involve food. The Saginaw County Department of Public Health (SCDPH) is reminding families to take extra care not to let foodborne bacteria, which grows more quickly in hot weather, ruin the fun.

Due to a variety of factors, including warmer temperatures, foodborne illness increases in summer. To help our community stay healthy and safe, SCDPH offers the following food safety recommendations.

**Bringing food to a picnic or cookout:**

Use an insulated cooler filled with ice or frozen gel packs. Frozen food can also be used as a cold source.

Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches; summer salads (tuna, chicken, egg, pasta, or seafood); cut up fruit and vegetables; and perishable dairy products. Keep these foods cold at 41° F or lower.

A full cooler will maintain its cold temperature longer than a partially filled one. When using a cooler, keep it out of the direct sun by placing it in the shade or shelter.

Avoid opening the cooler repeatedly so that your food stays colder longer.

**Cooking on the grill:**

Use separate cutting boards and utensils for raw meat and ready-to-eat items like vegetables or bread.

Keep perishable food cold until it is ready to cook.

Use a food thermometer to make sure meat and poultry are cooked thoroughly to their safe minimum internal temperatures

Beef, Pork, Lamb, Veal (steaks, roasts, and chops) and Fish: 145° F with a 3 minute rest time

Ground meats: 155° F

Whole poultry, poultry breasts, and ground poultry: 165° F

Always use a fresh, clean plate and tongs for serving cooked food. Never reuse items that touched raw meat or poultry to serve the food once it is cooked.

**Serving food outdoors:**

Perishable food should not sit out for more than two hours. In hot weather (above 90° F), food should NEVER sit out for more than one hour.

Serve cold food in small portions, and keep the rest in the cooler. After cooking meat and poultry on the grill, keep it hot until served at 135° F or warmer.

Keep hot food hot by setting it to the side of the grill rack, not directly over the coals where they could overcook.

**## END ##**