

## **WSGW RADIO PRESENTATION**

### **First Down Food Safety Tips for Your Super Bowl Party**

**January 22, 2019**

Super Bowl Sunday is the second-highest day of food consumption in the U.S. behind Thanksgiving. Here are some important game-day tips to keep the party free of food safety penalties.

#### **Illegal Use of Hands**

Before and after preparing or handling food, always wash hands with soap and warm water for 20 seconds. Use clean platters to serve and restock food, and keep surfaces clean.

#### **Personal Foul**

Don't cause a personal foul that's risky to the health of your guests. Always use a food thermometer to make sure meat and poultry are cooked to the right temperature. Color and texture are not indicators of doneness. Ground beef should be cooked to 160°F, poultry should be cooked to 165°F, and steaks should reach 145°F, with a three-minute rest time.

#### **Watch the Time**

Follow recommended microwave cooking and standing times (the extra minutes needed for food to cook completely). Keep an eye on your buffet and discard foods after two hours if it hasn't been properly kept hot or cold with heating or cooling sources.

#### **Keep it Safe**

Use slow cookers or warming trays to keep hot food hot at 135°F or more. Keep all of your cold foods, like cut fruits and veggies, salsa and dips at 41°F or colder. Use the double bowl system with ice in the bottom bowl and your dip or produce in the top bowl to keep the food at its coldest. Replace ice often.

#### **Avoid Mix-ups**

Separate raw meats from ready-to-eat foods, like veggies.

#### **Holding**

Anything that has been out two hours or longer that is perishable needs to be discarded at the end of the game. Divide leftovers into smaller containers, place in shallow containers and refrigerate. Never place a large pot of chili, stew or sauce in the fridge to cool; it will not cool properly in a safe amount of time.

[www.saginawpublichealth.org](http://www.saginawpublichealth.org)

Source: USDA Food Safety and Inspection Service