



Summer Fun

Summer's here - the perfect time to enjoy the great outdoors with backyard barbecues and buffets! As you enjoy warm weather feasts, use these tips for keeping the invisible enemy (a.k.a. foodborne bacteria) at bay.

Preventing foodborne illness is easy as...

1. Clean	Wash hands and surfaces often.
2. Separate	Don't cross-contaminate.
3. Cook	Cook to proper temperatures.
4. Chill	Refrigerate promptly.

Prevent the S-p-r-e-a-d... of Bacteria

During your outdoor grilling celebrations, it's important to handle raw meat, poultry, and seafood safely to prevent the spread of bacteria. Here's how:

- Separate raw meat, poultry, and seafood from other foods in your grocery shopping cart, refrigerator, and while preparing and handling foods at home. Also, consider placing these raw foods inside plastic bags in your grocery shopping cart to keep the juices contained.
- Wash hands thoroughly with soap and warm water *before* and *after* handling raw meat, poultry, and seafood. If possible, use one cutting board for raw meat, poultry, and seafood and another one for fresh fruits and vegetables. Wash cutting boards thoroughly with soap and hot water between uses.
- Place cooked food on a clean plate for serving. If cooked food is placed on an unwashed plate that previously held raw meat, poultry, or seafood, bacteria from the raw food could contaminate the cooked food.
- Marinades used on raw meat, poultry, or seafood can contain harmful bacteria. Don't reuse these marinades on cooked foods, unless you boil them before applying.

Attention Pregnant Women - Don't Eat Raw Fish

Raw fish (such as sushi or sashimi) or foods made with raw fish are more likely to contain parasites or bacteria than foods made from cooked fish.

To keep you *and* your baby safe, avoid eating raw or undercooked finfish or shellfish (including oysters, clams, mussels, and scallops).

Be Aware of Methylmercury

Avoid eating swordfish, tilefish, king mackerel, and shark. These fish can contain high levels of methylmercury, a metal that can be harmful to your unborn baby.

It's okay to eat other cooked fish/seafood as long as a variety of other kinds are selected during pregnancy or while a woman is trying to become pregnant. You can choose shellfish, canned fish, smaller ocean fish, or farm-

Savory Seafoodfests

Serving up seafood at an outdoor buffet? Here's how to keep seafood safe:

Cook...

Finfish should be cooked to an internal temperature of 145° F (63° C). When a food thermometer is not available or appropriate, follow these tips to determine when seafood is done.

- Cook fish until it's opaque (milky white) and flakes with a fork.
- Cook shrimp, lobster, and scallops until they reach their appropriate color. The flesh of shrimp and lobster should be an opaque (milky white) color. Scallops should be opaque (milky white) and firm.
- Cook clams, mussels, and oysters until their shells open. This means that they are done. Throw away the ones that didn't open.

raised fish. You can safely eat 12 ounces per week of a variety of cooked fish. A typical serving size of fish is from three to six ounces. Of course, if your serving sizes are smaller, you can eat fish more frequently.

Keep Hot Foods Hot

On a buffet table, hot foods should be kept at an internal temperature of 140° F (71° C) or warmer. Keep foods hot with chafing dishes, slow cookers, and warming trays.

Hot Off the Grill!

Remember that heating foods to the right temperature for the proper amount of time kills harmful bacteria. So, when serving meat and poultry at an outdoor barbecue, cook these foods to safe internal temperatures. And, always use a clean food thermometer to check the internal temperatures of these foods.

- Cook ground beef to 160°F (71°C).
- Cook steaks to at least 145°F (63°C).
- Cook chicken breasts to 170°F (77°C).
- Cook pork to 160°F (71°C) for medium or 170°F (77°C) for well done.

Keep Cold Foods Cold

On a buffet table, cold foods should be kept at 40° F (4° C) or colder.

...and Chill

If you're serving shrimp cocktail, serve it chilled on a bed of ice. Cold temperatures keep most harmful bacteria from multiplying.

Have fun this summer!

Tip from www.FDA.gov

Moms-to-Be: Be Sure to Do This

Grill hot dogs until steaming hot. Ready-to-eat foods like hot dogs can become contaminated with *Listeria monocytogenes*, a bacterium that can be harmful to you and your unborn baby.

Remember the 2-Hour Rule

Discard food left unrefrigerated for more than two hours. On a hot day (90° F or higher), reduce this time to one hour.