

Temiskaming Hospital

May 7, 2008

Summer Safety: Eating Outdoors This Summer

Practices that will keep food safe:

Practicing proper food handling techniques will protect yourself, your family and friends from food-borne illness and food contamination. Here are a few tips to keep in mind when you venture into the great outdoors:

Wash Hands, Utensils and Food Preparation Surfaces

- Food safety begins with hand-washing even outdoors. It can be as simple as using a water jug, some soap and paper towels.
- Consider using moist, disposable towelettes, or carry travel size bottles of hand sanitizer for cleaning your hands.
- Keep all utensils and platters clean.

Preparing Fruits and Vegetables

- Rinse fruits and vegetables under running tap water before packing them. This includes those with skins and rinds that are not eaten.

Safe Grilling

- Marinate foods in the refrigerator, not on the counter or outdoors.
- If some of the marinade is to be used as a sauce on the cooked food, reserve a portion separately before adding the raw meat, poultry or seafood. Don't re-use marinade.
- Don't use the same platter and utensils that previously held raw meat or seafood to serve cooked foods.
- When it is time to cook, use a thermometer to be sure the food has reached an adequate internal temperature before serving.

Serving Food

- Do not use a plate that previously held raw meat, poultry or seafood for anything else unless the plate has been washed in hot, soapy water.
- Hot foods should be kept at or above 60 C and cold foods at or below 4 C.
- Consider using beds of ice under service dishes.
- Put leftovers in a container and refrigerate within 2 hours.

Taken from the Aramark Food Safety Newsletter



Temiskaming Hospital
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Visiting Hours:

- 1000 to 2000 hours for medical patients, surgical patients and Long-Term Care patients;
- 1400 to 1600 hours and 1800 to 2000 hours for obstetrics;
- Visitors to the Special Care Unit (SCU) are restricted to immediate family and/or significant other(s).