

A PERSONAL CHECKLIST

A personal checklist if you are bringing food from home:

- ✓ Wash your hands! After touching animals, going on rides, changing diapers, using the toilet, and before and after eating.
- ✓ Remember to always store perishable foods in a cooler or insulated bag. When transporting food, place cold food in an ice-cold cooler with a cold source such as ice or commercial freezing gels. Never place ready-to-eat cold foods in direct contact with ice.
- ✓ Cold foods need to be kept at a temperature of 40°F or below. Keep all perishable foods chilled right up until serving time.
- ✓ By organizing cooler contents (keeping beverages in one cooler and perishable foods in another) you can reduce the number of times the cooler is opened. Also, a full cooler will maintain its cold temperature longer than a partially-filled cooler.
- ✓ Keep the cooler in the coolest part of your car, rather than in a hot trunk.
- ✓ Be sure raw meats and poultry are kept separate from other foods to avoid potential cross-contamination.
- ✓ Cook food thoroughly. When it's time to cook the food, have your food thermometer ready. They're easy to use and transport, and will tell you when your food is cooked thoroughly.
- ✓ Grilled food can be kept hot until it's served by moving it to the side of the grill rack, just away from the coals or flames. This keeps it hot but prevents overcooking.
- ✓ Food cannot sit out for more than two hours; one hour if it is hotter than 90°F outside.
- ✓ Throw out any leftovers.

