



Time to Seal the Victory

It's game time! Let's ensure the win by properly cleaning up your tailgating party and either disposing of or properly packing up any leftovers.

Perishable food should not be left out for more than 2 hours at room temperature or 1 hour when the temperature is above 90°F (32.2°C).

The best way to prevent leftovers and storage issues is to plan ahead; make sure you bring only the amount of food that will be eaten. Remember that you cannot tell if harmful bacteria are present on foods just by looking at or smelling them—if in doubt, throw it out!



Measure meat temperature with a food thermometer before removing meat from the heat source



<http://phc.amedd.army.mil>

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APHC Food Protection

More information is available at the United States Department of Agriculture Animal and Food Safety and Inspection Service website: <http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/teach-others>

This information brochure was written by Army Veterinary Services personnel and published by the Army Public Health Center to inform and educate Service members, beneficiaries, and retirees about Food Safety. Comments or questions regarding content can be directed to ARMY-VSPublications@mail.mil. Locate your local Veterinary Treatment Facility at <https://tiny.army.mil/r/JG66r/VTFs>



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Food Safety



**TAILGATING
FOOD SAFETY**

*** PRESENTED BY ***

Army Veterinary Services

Tailgating and Food Safety: Is Your Team Ready

Kickoff is fast approaching, but are you ready for the festivities, the football, and—maybe more importantly—the FOOD? Don't let your pre-game party spoil the fun: keep your food safe and your team in the game. Follow these easy steps to ensure you treat your team to a safe and delicious tailgating party.

Know Your Opponent:

To defeat illness-causing bacteria found on raw meats, use a food thermometer to ensure that the meat is thoroughly and completely cooked! Meat and poultry cooked on a grill cook fast on the outside (who doesn't want a good sear on their steak); however, the only way to be sure that the food has reached a safe minimum internal temperature is to use a food thermometer. Different meats have different minimum cooking temperatures. Measure meat temperature with a food thermometer before removing meat from the heat source to ensure it has been thoroughly cooked. The following are guidelines for safe cooking:

Raw Meats: Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a minimum internal temperature of 145°Fahrenheit (F) (62.8°Celsius (C)). For safety and quality, allow meat to rest for at least 3 minutes before carving or eating.

Ground meat: Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160°F (71.1°C).

Poultry: Cook all poultry to an internal temperature of 165°F (73.9°C).

Vegetables and fruits: Before eating or preparing fresh fruits and vegetables, wash the produce under cold-running tap water to remove any lingering dirt. This reduces bacteria that may be present. If there is a firm surface (such as on apples or potatoes), scrub the surface with a brush. Do not wash fruits and vegetables with detergent or soap. When preparing fruits and vegetables, cut away any damaged or bruised areas; bacteria that cause

illness can thrive in those places. Immediately refrigerate any fresh-cut items such as salad or fruit for best quality and food safety.

Prep Time:

Just like for the star athlete, preparation is the key to victory and defeating foodborne illnesses. It is tailgating time, and it's your time to shine and show off your cooking skills. Remember to follow some simple rules of the game to keep your friends cheering and the food safe.

Your Checklist:

- Pack your meats, fruits, and vegetables separately in individual, sealable bags. To prevent cross-contamination, securely wrap any meats, poultry, or fish that may leak or drip before placing them in the cooler.
- Hot food should be kept at 140°F (60°C) or warmer.
- Cold food should be kept at 40°F (4.4°C) or colder.
- Separate plates and utensils for raw meats and cooked meats. This includes storage coolers for the trip to the venue, cutting boards, and serving items.
- Bring grill, fuel, cooking utensils, a food thermometer, and a minimum cooking temperature chart to ensure meats are cooked to a safe temperature.
- Be sure to bring coolers, ice or frozen gel packs, and clean containers for storing leftovers.
- Bring soap, water (if none is available at the site), wet disposable cloths or moist towelettes, and hand sanitizer.

Time to Shine

Proper sanitation helps to avoid cross-contamination between uncooked meats and other foods. Always wash your hands with soap and water before and after handling raw meats. Also wash cutting boards, utensils, and other surfaces with hot soapy water before preparing other foods.

When serving food at a buffet, keep food hot with chafing dishes, slow cookers, and warming trays.

Keep cold foods cold by nesting dishes in bowls of ice or using small serving trays and replacing them often; small bowls will keep smaller portions cooler for longer.

Place spoons in dips and tongs on meat platters. Use plastic utensils and paper plates. Be sure to provide paper towels!

Place hand sanitizer in an easily accessible spot for all to use.

Protect foods from insects and other contaminants by using lids or covers.

Always use proper sanitation methods to avoid cross-contamination.

