

PRESSRELEASE

Kendall County Health Department 811 W. John Street, Yorkville, Illinois 60560

(630) 553-9100 Fax: (630) 553-9603

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Contact: Donna Sperlakis

Phone: (630) 553-9100 ext. 8058

Fax: (630) 553-9506

Summer Food Safety

Summer is the season when food poisoning is most likely to occur, according to the Environmental Health Unit at the Kendall County Health Department. Since harmful bacteria don't take a vacation, be extra vigilant about preparing, transporting and serving food this summer.

Disease-causing bacteria, whether found in food or in the air, grow faster during the summer months because of the warm and humid temperatures. To help keep your friends and family safe from food-borne illness, the Kendall County Health Department offers the following recommendations:

- **Separate-** Don't cross contaminate. Keep raw meat and poultry apart from cooked foods.
- **Wash-** Be safe and thoroughly wash hands with soap and warm water. Wash all utensils and work surfaces. Grillers often use the same utensils when putting raw food on the grill and later when removing cooked food- rewash tongs or utensils after placing food on the grill or use new ones.
- **Marinade-** Sauces and marinades used on raw meats or poultry should never be reused on cooked foods. Always allow foods to marinate in the refrigerator.
- **Temperature-** The color of food is not a good indicator of when it is done. The only way to make sure food is safely cooked is to use a food thermometer to measure temperature.

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Temperature rules for cooking foods at home.

145° F	Beef, lamb & veal steaks & roasts, medium rare
160° F	Ground beef, pork, veal & lamb, Pork chops, ribs & roasts, Egg dishes
165° F	Ground turkey & chicken, Stuffing and casseroles, Leftovers
170° F	Chicken & Turkey breasts
180° F	Chicken & Turkey, whole bird, legs, thighs & wings

Keep all foods above or below the “danger zone.” This is the range of temperatures at which bacteria can grow – usually between 40 and 140 degrees Fahrenheit.

- **Chill-** Refrigerate or freeze promptly. Foods left out in temperatures higher than 90 degrees will become unsafe in just one hour. Because picnics and barbecues often last for more than a few hours, food that has been cooked and left sitting on the table for several hours should not be eaten.

If you have a question about proper cooking temperatures or outdoor food safety, call the Kendall County Health Department’s Environmental Health Unit at (630) 553-9100 EXT. 8026 or visit our website at www.kendallhealth.org. Do your part to keep picnics and backyard barbeques safe this summer.