

# Food Safety for the Outdoors

## Plan Ahead

- To avoid leftovers, bring only the amount of food that can be eaten.
- When planning meals, think about using shelf-stable food to ensure food safety.
- Wash fruits and vegetables before bringing them with you.
- Bring biodegradable soap so hands and surfaces can be washed often.
  - If you are going somewhere where running water is not available, bring water with you if possible or use hand sanitizer.
- If running water will not be available, bring bottled or tap water or always treat water collected from lakes and streams before drinking.
  - Information about treatment methods: [Water Treatment in the Backcountry](http://www.health.state.mn.us/divs/idepc/dtopics/waterborne/prevention/backcountry.pdf) (<http://www.health.state.mn.us/divs/idepc/dtopics/waterborne/prevention/backcountry.pdf>)

## Pack Safely

- If traveling with perishable food, use a cooler with ice or freezer packs.
  - Packing frozen meat and poultry will help them stay colder longer.
  - A full cooler maintains its cold temperature longer than a partially filled one.
- Keep raw meat and poultry separate from cooked foods or foods meant to be eaten raw.
  - Pack foods in tight, waterproof containers to prevent juices from the raw product from dripping on other foods.

## Clean & Separate

- Wash hands and surfaces often.
  - Always wash your hands before and after handling food, and after using the bathroom, changing diapers, or handling pets.
- Don't use the same platter and utensils for raw and cooked meat and poultry.
  - Harmful germs present in raw meat and poultry can be easily spread to other foods by juices dripping from packages, hands, or utensils.

## Cook & Chill

- Fresh and frozen raw meat, poultry, and fish should be cooked hot enough to kill any harmful germs that may be in the product.
  - Use an accurate food thermometer to make sure foods are cooked to and held at safe temperatures.
  - [Use Proper Cooking Temperatures to Ensure Safe Food](http://www.health.state.mn.us/foodsafety/cook/cooktemp.html) (<http://www.health.state.mn.us/foodsafety/cook/cooktemp.html>)
  - Color is not a reliable indicator of doneness.
- Keep hot foods hot and cold foods cold.
  - Only cook food that will be eaten right way to avoid leftovers.
  - Discard any food that has been left out for more than 2 hours (or 1 hour if it's above 90° F).
  - Keep the cooler in a shady spot or covered with a light-colored blanket.
  - Avoid opening the cooler repeatedly so that food stays colder longer.

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*To obtain this information in a different format, call: 651-201-5414. Printed on recycled paper.*