



Charlie Crist
Governor

Ana M. Viamonte-Ros, M.D., M.P.H.
Secretary of Health

PINELLAS COUNTY HEALTH DEPARTMENT

June 27, 2007

FOR IMMEDIATE RELEASE

Contact: Jeannine Mallory, Public Information Officer
Pinellas County Health Department
727-824-6908 (media only)

Food safety tips for a healthy Fourth of July

Here are some tips to keep in mind when preparing, storing and cooking food as you celebrate the holiday:

Wash hands, utensils and food preparation surfaces.

- Food safety begins with hand-washing – even in outdoor settings. It can be as simple as using a water jug, soap and paper towels.
- You can use moist disposable towelettes or alcohol-based hand sanitizer for cleaning your hands.
- Keep all utensils and platters clean when preparing food.

Safe grilling:

- Marinate foods in the refrigerator, not on the counter or outdoors.
- If you're going to use some of the marinade as a sauce on the cooked food, reserve a portion separately before adding the raw meat, poultry, or seafood. Do not reuse marinade.
- Do not use the same platter and utensils that previously held raw meat or seafood to serve cooked meats and seafood.
- If you partially cook food in the microwave, oven or stove to reduce grilling time at home, do so immediately before the food goes on the hot grill.
- When it's time to cook the food, cook it thoroughly. Use a food thermometer to be sure the food has reached an adequate internal temperature before serving.
 - Beef, veal and lamb steaks and roasts: 145°F for medium rare, 160°F for medium and 170°F for well done
 - Ground pork and ground beef: 160°F
 - Poultry breasts: 170°F
 - Whole poultry (take measurement in poultry thigh): 180°F
 - Fish: 145°F or until the flesh separates easily with a fork
 - Shrimp, lobster, and crabs: the meat should be pearly and opaque
 - Clams, oysters, and mussels: until the shells are open
- Keep grilled food hot until serving by moving it to the side of the grill rack, away from the coals where it can overcook.

(MORE)

FOURTH OF JULY FOOD SAFETY – Page 2



Charlie Crist
Governor

Ana M. Viamonte-Ros, M.D., M.P.H.
Secretary of Health

PINELLAS COUNTY HEALTH DEPARTMENT

Serving food safely

- Keep cold foods cold and hot foods hot.
- Do not use a plate that previously held raw meat, poultry or seafood for anything else unless the plate has first been washed in hot, soapy water.
- Keep hot food at or above 140 °F.
- Foods like chicken salad and desserts in individual serving dishes can be placed directly on ice or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.
- Don't let perishable food sit out longer than two hours.
- Food should not sit out for more than one hour when the temperature is 90°F or above.

Transporting food

- Keep cold food cold. Place cold food in a cooler with ice or frozen gel packs.
- Cold food should be kept at or below 40°F.
- Consider packing drinks in one cooler and perishable food in another, since the drink cooler will be used more.
- Meat, poultry and seafood may be packed while still frozen so that it stays colder longer.
- Be sure to keep raw meat, poultry and seafood securely wrapped so their juices don't contaminate other food.
- After washing fruits and vegetables, dry them with a clean cloth towel or paper towel before packing them.
- While traveling, keep coolers in the air-conditioned passenger compartment of your car, rather than in a hot trunk.

For more information, visit our Summer Safety website at www.PinellasHealth.com.

###

www.PinellasHealth.com