

VACATION – FOOD SAFETY TIPS

If you “hit the road” this summer for some vacation time, take these simple food safety precautions so your food is safe and you stay healthy.

Plan ahead...If you are traveling with perishable food, place it in a cooler with ice or freezer packs. Consider packing the food in a different cooler separate from the drinks so the food cooler is not opened so often. Remember, discard any food left out more than 2 hours that is not kept on ice. (One hour is the limit if temperatures are above 90 degrees)

Pack Safely...Pack your food directly from the refrigerator or freezer into the cooler. A full cooler will maintain the cold temperatures longer than one that is partially filled. Be sure to keep raw meat and poultry wrapped separately from cooked foods or foods meant to be eaten raw such as fruit.

Keep the cooler in a shady spot or covered with a light colored blanket or tarp to reflect heat. Bring along bottled water or drinks. Always assume that streams and rivers are not safe for drinking. Keep hands and all utensils clean when preparing food. Use disposable moist towelettes to clean hands when hot water and soap are not available.

When boating...Keep the all-important cooler along to store your “catch” of fish. Wrap both whole and cleaned fish in watertight plastic and store with alternate layers of ice. Cook the fish within 1-2 days or freeze it. Make sure the raw fish stays separate from the cooked foods.

When at the beach...Partially bury the cooler in the sand, cover with blankets and shade with a beach umbrella. It can be hotter than you think!

When using the recreational vehicle...Be sure to thoroughly clean the refrigerator, food preparation area and utensils with hot soapy water before you leave home each time. A food thermometer in the refrigerator will let you know if your food is safely stored between 35 and 40 degrees.

Enjoy your vacation time knowing your food is safe!

Adapted from USDA Food Safety and Inspection Service Fact Sheet Handling Food Safely on the Road. Cooperating Agencies: Washington State University, US Department of Agriculture (USDA FRTEP Award #2006-41580-03429) and Confederated Tribes of the Colville Reservation, Colville Agency BIA, and Ferry County. Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported to your local Extension office.