



Volunteer Leader Training Guide

Keep It Safe: Fun and Healthy Picnic Foods

Serena M. Fuller, Ph.D., Associate Professor - Nutrition and Food Safety

Introduction

Summertime is right around the corner, and this is the season to have picnics. Before you or your family members go on a picnic outing, you should think about how to keep picnic foods safe and healthy on those hot summer days. Cases of foodborne illness are usually on the rise during the summer months. This is due to the harmful bacteria that may be present in foods grows faster in the warm temperatures. Bacteria needs moisture to flourish in the humid summer weather, which is a picnic for them.

There are many reasons why picnic foods can be harmful to your health. The lack of proper refrigeration is one of them. When food that is meant to be kept cold sits out for a long period of time, the bacteria has a chance to grow. The longer that food sits out, the greater the chance that consuming it will lead to illness. So it's very important to take the proper measures to keep food safe for you and your family while having a picnic.

Target Audience

- EHC leaders
- Adult audiences

Objectives

Participants will:

- Identify common picnic food safety challenges and high-risk picnic foods.
- Identify the four plus one key principles of picnic food safety.
- Name at least three good tasting and good-for-you foods to serve safely at picnics.

Major Teaching Points

- The five keys for safe picnics
- Safe internal temperature guidelines for foods
- Fun and healthy picnic food ideas

Suggestions for Teaching the Lesson

- Review the note sections of the **Keep It Safe: Fun and Healthy Picnic Foods** PowerPoint presentation.
- Review and show the **Summer Safety – Picnic** video (<http://youtu.be/Si2t7FVWkeg>).
- Review and make copies of the group activity – **Let's Head Outside**.
- Make copies of the **Keep It Safe: Fun and Healthy Picnic Foods** PowerPoint presentation.

The Five Keys for Safe Picnics

- 1) **CLEAN** – Wash your hands. Wash your produce and scrub tough-skinned fruits and vegetables with a scrubber. Pat dry meat, poultry and eggs prior to arriving at your picnic.
- 2) **SEPARATE** – Avoid cross-contamination by using multiple utensils, clean plates and cutting boards. Avoid packing leaks. Pack food correctly in coolers, and use multiple coolers.
- 3) **COOK** food to safe internal temperatures, and check for correct temperatures with a food thermometer.
- 4) **HOLD** – Keep hot foods hot or above 140°F and cold foods cold or below 40°F prior to serving. Foods should not be kept in the temperature danger zone of 40°F to 90°F for more than two hours or one hour if hotter than 90°F.
- 5) **CHILL** – Pack plenty of ice. Store foods under ice rather than on top. Cool leftover foods in shallow containers.

Safe Internal Temperature Guidelines for Foods

Food	Temperature
Ground turkey and chicken	165°F
Poultry including whole birds and parts	165°F
Leftovers and casseroles	165°F
Ground beef, pork, veal and lamb	160°F
Fresh ham	160°F
Egg dishes	160°F
Whole cuts or roasts of beef, pork, veal and lamb	145°F plus 3 minutes rest time
Fin fish	145°F
Pre-cooked ham to reheat	140°F
Shrimp, lobster and crab	Cook until flesh is pearly and opaque
Clams, oysters and mussels	Cook until shells open
Scallops	Cook until milky white or opaque and firm

Fun and Healthy Picnic Food Ideas

Temperature-Stable Foods

- ✓ Fresh whole fruit
- ✓ Uncut fresh vegetables
- ✓ Baked corn or potato chips
- ✓ Air-popped popcorn or 100% whole grain pretzels

Ready-to-Eat Cold Foods

- ✓ Yogurt-based dips
- ✓ Salsas
- ✓ Grain-based side dishes
- ✓ Marinated vegetable salads

Ready-to-Eat Hot Foods

- ✓ Turkey chili
- ✓ Vegetarian pizza on whole grain crust
- ✓ Baked potatoes

Cook-on-Site Foods

- ✓ Vegetable kabobs
- ✓ Grilled shrimp, chicken and fish
- ✓ Turkey burgers

Beverages

- ✓ Unsweetened iced tea
- ✓ Sparkling water
- ✓ Frozen water bottles

Physical Activity Ideas

- ✓ Frisbee
- ✓ Tag
- ✓ Hide-and-seek

For more about food safety, visit these web sites:

- University of Arkansas Cooperative Extension Service
www.uaex.edu
- Your Gateway to Federal Food Safety Information
www.foodsafety.gov
- Partnership for Food Safety Education
www.fightbac.org
- Centers for Disease Control and Prevention – Food Safety
www.cdc.gov/foodsafety