

## SUPER BOWL SUNDAY AND FOOD SAFETY

### *DHD#10 Reminds Residents of Proper Food Safety*

February 10, 2022 – This Sunday is the Super Bowl, a time to enjoy some football and eat some delicious food. District Health Department #10 (DHD#10) encourages everyone to enjoy their Super Bowl Sunday snacks with a side of food safety.

The United States Department of Agriculture (USDA) points out that more than 1 billion chicken wings will be consumed before, during, and after the big game. Out of 1 billion wings, the possibility for foodborne illness is a major concern. Just a couple easy steps could reduce your risk of becoming sick from undercooked or poorly prepared food. So, whether you are serving up delicious wings, or some other tasty appetizers, keep these tips in mind:

- Keep your kitchen area clean by washing your hands before, during, and after you handle raw food. Make sure the preparation surfaces and utensils are thoroughly clean too.
- Make sure to separate raw meat and poultry from any produce or cooked foods. Using different cutting boards is a great way to keep from cross-contamination.
- Cook your meat and poultry to their correct internal temperature. When using your food thermometer, be sure to measure temperatures away from the bone.
- Only put out small amounts of food at a time while keeping the rest of your perishable snacks chilled.

“Many of us look forward to sitting down to watch the big game and eat some munchies,” said DHD#10 Health Officer Kevin Hughes. “But no one wants to become sick from a foodborne illness. When prepping, cooking, serving, and storing food, be sure to exercise caution.”

For the USDA’s Food Handling and Preparation Toolkit, click here:

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/2022-super-bowl-food-safety>.

For more information on food safety, visit <https://www.foodsafety.gov/>.

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#### MEDIA CONTACT

Jeannine Taylor  
Public Information Officer  
O: 231-876-3823  
C: 231-920-4998  
E: jtaylor@dhd10.org



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