

SUPER BOWL SUNDAY AND FOOD SAFETY

DHD#10 Remind Residents of Proper Food Safety

February 9, 2024 –District Health Department #10 (DHD#10) is sharing food safety tips to help your Super Bowl party score a touchdown!

“Getting ready to watch the Super Bowl with some tasty snacks is always a treat, but getting sick from a foodborne illness isn't,” said DHD#10 Health Officer Kevin Hughes. “Please make sure when prepping, cooking, serving, and storing food, that you’re exercising caution.”

The United States Department of Agriculture (USDA) has some easy steps to help reduce your risk of becoming sick from undercooked or improperly prepared food. Whether you are serving up cheesy pizza, delicious wings, or spicy nachos, 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.

For the USDA’s Food Handling Basics, click here: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics>.

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

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