Tailgating Food Safety

Tackle Tailgating Food Safety with these 10 Tips:

1. Wash your hands before, during, and after preparing the food for your tailgate.
   - *Helpful tip: Sing your favorite team’s fight song to meet required hand wash length.*
2. Bring water, soap, paper towels and sanitizer to keep food preparation areas clean and your guests safe.
   - *Don’t forget the moist towelettes.*
3. Know what is in your foods to prevent guests from having an allergic reaction.
   - *Common food allergens include: peanuts, tree nuts, milk, eggs, wheat, soy, fish and shellfish.*
4. Be sure to pack and prepare meats separate from other foods and drinks to avoid cross contamination.
5. When packing raw meats for a tailgate, make sure to keep them in a cooler, tightly sealed in freezer storage bags to prevent leaking. Pack enough ice to keep the meat cold until cooking.
   - *Foods should not be in the temperature danger zone (40-140 °F) for more than 4 hours.*
7. Cook meats to the required internal temperature.
   - *Popular tailgating items like hamburgers and bratwurst should be cooked to at least 160° F and chicken breast should be cooked to at least 165° F.*
8. Perishable foods should not be left unrefrigerated for more than 2 hours (1 hour if game day temperature is above 90° F). Go by the phrase, “When in doubt, toss it out”.
   - *Discard perishable foods before going into the game or after halftime unless repacking in a cooler that will keep temperature <40° F. Eat non-perishable foods after the game.*
   - *If unable to keep foods hot enroute to tailgate, pack these foods into a cooler, then reheat to 165 °F.*
9. Grilling outdoors can lead to unexpected accidents. Be sure to have a fire extinguisher and first aid kit on hand.
10. If drinking alcoholic beverages while tailgating, rotate in a non-alcoholic beverage every other drink. Choose water to prevent dehydration. Practice responsible drinking and always have a designated driver!

Meat Cooking Temperatures

<table>
<thead>
<tr>
<th>Meat</th>
<th>Cut</th>
<th>Temperature °F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground Meats &amp; Meat Mixtures</td>
<td>Beef, pork, veal, lamb</td>
<td>160</td>
</tr>
<tr>
<td></td>
<td>Turkey, chicken</td>
<td>165</td>
</tr>
<tr>
<td>Fresh Beef, Veal, Lamb, Pork</td>
<td>Steaks, roasts, chops</td>
<td>145</td>
</tr>
<tr>
<td>Pre-cooked Ham and Sausages</td>
<td>Whole, links, slices</td>
<td>140</td>
</tr>
<tr>
<td>Chicken &amp; Turkey</td>
<td>Whole, breasts, thighs,</td>
<td>165</td>
</tr>
<tr>
<td></td>
<td>wings, legs</td>
<td></td>
</tr>
<tr>
<td>Seafood</td>
<td>Fin fish, shrimp, lobster,</td>
<td>145</td>
</tr>
<tr>
<td></td>
<td>crab</td>
<td></td>
</tr>
</tbody>
</table>

For Additional information see:
http://www.foodsafety.gov/blog/tailgate.html
http://www.safewise.com/blog/7-safety-tips-for-a-terrific-tailgating-experience/
http://www.eatright.org/resource/homefoodsafety/safety-tips/outdoor-dining/tailgating