



Barbeques and Picnics: Food Safety



Food poisoning risk increases during the summer when people are more likely to be cooking outdoors. Harmful bacteria spread quickly in warm, moist conditions, so it's especially important to follow safe food handling guidelines. Here's some food safety tips that can help keep you and your family safe from food poisoning during the warm summer months.

In the cooler

- If you are storing your meat in a cooler, make sure that the cooler is kept cold with ice packs, dry ice or ice cubes from a safe drinking source.
- Keep the cooler out of direct sunlight.
- Avoid opening the cooler often. You may want to use a separate cooler for drinks as it will probably get opened more often.
- Always remember to keep food out of the temperature danger zone of 4°C to 60°C (40°F to 140°F). Your food can become dangerous after only two hours in this range.

Safe cooking tips

- Cook meat thoroughly to a safe temperature. Use a clean food probe thermometer to be sure!
- Keep cold food cold and hot food hot until it's served. You can keep cooked meats hot by setting them to the side of the grill.
- Discard any food left out for more than two hours. On hot summer days don't keep any food out for more than one hour.

Avoid cross-contamination

- Keep raw meat away from other foods. You can do this by making sure they are wrapped separately, so that juices don't leak out onto other foods.
- Wash your hands carefully with soap and warm water for at least 20 seconds before and after handling raw meat.
- Clean your cooking equipment, utensils and work surfaces and sanitize them with a mild bleach solution (5mL (1tsp) bleach with 750mL (3 cups) water).

Required Temperatures for different foods

Whole Poultry (chicken, turkey, duck)	82°C (180°F)
Poultry Pieces (chicken, turkey, duck)	74°C (165°F)
Beef, veal, lamb or goat (pieces and whole cuts)	Medium Rare: 63°C (145°F) Medium: 71°C (160°F) Well Done: 77°C (170°F)
Beef, veal, lamb and pork ground meat and meat mixtures (burgers, sausages, meatballs, meatloaf, casseroles)	71°C (160°F)
Pork (pieces and whole cuts)	71°C (160°F)
Seafoods (fish, shellfish and other seafood)	70°C (158°F)

Protection from the Sun and UV Rays

The sun is essential to life. However, you must expose yourself to it safely. Repeated and excessive exposure to the sun’s ultraviolet (UV) rays can:

- Damage skin
- Cause damage to the eyes
- Increase risk of skin cancer

Tanning is a sign that the skin has sustained deep cellular damage. It is not recommended to tan, whether under the sun or with artificial tanning lamps. You should always protect yourself, even on a cloudy day.



How to Protect Yourself

- Protect yourself properly if you stay in the sun for more than 15 minutes, especially between 11 a.m. and 3 p.m. This is the period when the intensity of UV rays is highest
- Never use artificial tanning equipment
- Stay in the shade as much as possible, even at the beach, by using a parasol
- Wear sunglasses that protect your eyes as much from UVA rays as they do for UVB rays.
- If you cannot avoid being exposed to the sun, regularly apply a sunscreen with a sun protection factor (SPF) of 30 or more.

Medicines and UV rays

Some medicines are photosensitizers, meaning they make the skin more sensitive to the sun's rays. They can cause, among other things, irritation, redness and swelling. If you or your children take medication, ask your doctor or pharmacist if those medicines are photosensitizers.

(Source: www.sante.gouv.qc.ca)