

## Four Simple Steps to Food Safety

### 1. Clean:

- Always wash your hands before handling food.
- Sanitize the food thermometer after use.
- Use clean serving plates, utensils, etc.

### 2. Separate:

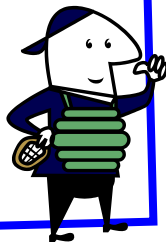
- Separate raw meat and poultry from cooked and ready-to-eat foods to avoid contamination.

### 3. Cook:

- Raw meat and poultry must be cooked to the proper internal temperature (see inside panel).

### 4. Chill:

- Avoid the **Food Temperature Danger Zone** (41°F-135°F).
- Store all leftovers in the cooler within 2 hours after cooking. If the outside temperature is above 90°F, store within 1 hour.
- Bring plenty of ice and cold packs to keep your food cold.
- **When in Doubt, Throw it Out!** Discard leftovers kept in the danger zone for more than 2 hours.



## Don't forget to play Defense!

Practice safe food handling at all of your upcoming sporting events!



County of San Diego

Department of Environmental Health

Food & Housing Division



Playing it Safe!



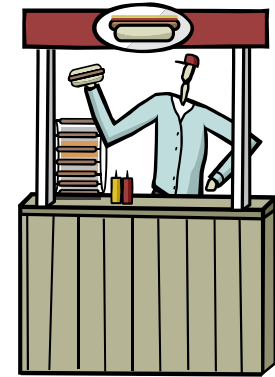
Food & Housing Division  
5500 Overland Ave.  
San Diego, CA 92123

Duty Specialist: (858) 505-6900  
Email: fhduyeh@sdcounty.ca.gov



Playing it Safe!

## A Food Safety Game Plan for Youth Sporting Events



Join the Food Safety Team!

Department of Environmental Health  
Food & Housing Division



## The Game Plan

Keep your teams healthy and strong by planning a safe and nutritious meal. When preparing for game day, **be sure to remember:**



Lead your team to a victory with a strong food safety game plan!

### Step 1: Clean Hands

Be sure the sporting grounds are equipped with adequate hand-washing facilities. Don't forget your soap, paper towels and hand sanitizer!

### Step 2: Clean Utensils

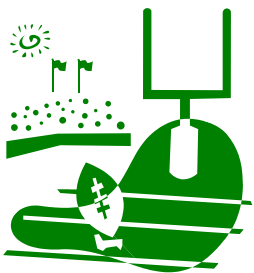
Bring lots of clean utensils; not only for eating, but also for preparing and serving.

### Step 3: Food Thermometer

No pre-game barbeque is complete without an approved food thermometer. So when you pack the grill, remember to pack the thermometer to be sure meats and poultry are cooked thoroughly and reach temperatures high enough to destroy harmful bacteria.

### Step 4: Potable Water

Does your playing field have potable (safe to drink) water? Find out ahead of time if clean, potable water will be available. If not, bring extra water for drinking, handwashing and cleaning.



## Hot Food

Keep hot food hot. If you stop off at the store and purchase hot food on the way to the game, eat it within 2 hours of purchase. Or plan ahead and chill the food in your refrigerator before packing up for the game. Use an insulated container for foods like soup and chili. To preheat the container, fill it with boiling water and let it stand for a few minutes. Empty it, and then put in the piping hot food. Keep insulated containers closed to keep the food hot (135°F or above) for several hours.



## Cold Perishable Food

Carry cold, perishable food, like raw hamburger patties, hot dogs, sausages, lunch meat and chicken, in an insulated cooler packed with several inches of ice, frozen gel packs or containers of frozen water. When packing the cooler, make sure raw meat and poultry are wrapped securely and stored below ready-to-eat foods to prevent their juices from cross-contaminating other items.

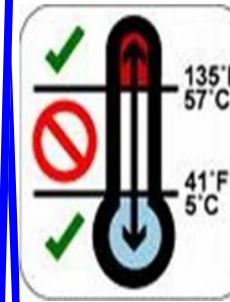
## Know Your Source

It is best to offer foods from approved sources only and not to bring foods that were cooked or prepared at home. An approved source is one that has been inspected and approved by the Health Department.



## The Play-by-Play

At the field, it's important to keep hot food hot and cold food cold. Bacteria multiply rapidly between 41°F to 135°F, a temperature range known as the **Danger Zone**. Never leave food in the Danger Zone for more than 2 hours. Also, cook meat and poultry completely; partial cooking of food ahead of time allows bacteria to multiply to the point that later cooking cannot destroy. Use a food



thermometer to make sure meat and poultry are cooked thoroughly. **Cook hamburgers, sausage, and other ground meats to an internal temperature of 155°F and ground poultry to 165°F.**

## The Wrap-Up

Store food in a cooler, except for the brief times when serving. Cook only the amount of food that will be eaten; this will minimize food waste and avoid the challenge of keeping leftovers at safe temperatures. Discard any leftovers that are not ice cold after the game. Food should not be left out of the cooler or off the grill more than 2 hours. Holding food at temperatures within the Danger Zone is a prime cause of foodborne illness.



**Play Safe & Have Fun!**