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FOOD SAFETY WHEN DINING OUTDOORS

NEWS AND COMMUNITY RELEASE

The City of Hartford and the Department of Health and Human Services reminds residents to please be “food safe” while enjoying their festivities this Memorial Day weekend.

“Our patriotic picnics can be spoiled if food is not handled or stored properly. I thank our experts with Health and Human Services for always providing this timely reminder,” said Mayor Eddie A. Perez.

“It is important that we prevent the spread of food-borne illness. As we enjoy our time with friends and family this weekend, and throughout the summer, let’s take these important measures to keep our food safe,” stated Carlos Rivera, Director of the Hartford Department of Health and Human Services.

Food safety tips for enjoying outdoor dining this summer:

1. Wash hands well and often with soap and water. Wash for a minimum of 20 seconds and dry your hands with a paper towel following restroom use, before preparing foods, after handling raw meat or just before eating.
2. Wash all cooking surfaces with warm soapy water.
3. Wash fruits and vegetables before preparing.
4. Keep raw food separate from cooked food. Be sure to use separate utensils and plates for raw and cooked food.
5. Marinate in the refrigerator and not on the kitchen counter.
6. Cook food thoroughly using a meat thermometer. Follow these temperature guidelines for minimum internal cooking temperatures:
 - Hamburgers – 158 degrees Fahrenheit
 - Steak and Ribs – 145 degrees Fahrenheit
 - Poultry – 165 degrees Fahrenheit
7. Keep cold foods cold and hot foods hot. Consume grilled meats immediately or keep them hot on the grill
8. Refrigerate and freeze food promptly, including leftovers.
9. Keep meat cold until ready to grill. Do not leave it out at room temperature.

For more information, please call the City of Hartford Department of Health and Human Services at (860)757-4700.

