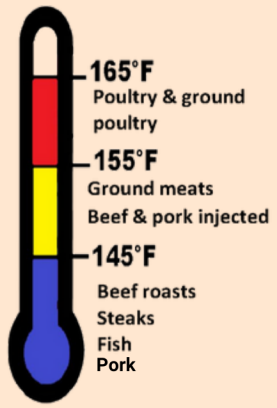
Food Safety *For Picnics*

Pack your cooler with lots of ice (or ice packs) to make sure foods are held below 41°F

Keep raw meats separate from ready to eat foods and beverages. This includes during transport, storage, and preparation.

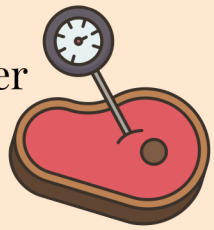
Wash your hands with warm soapy water for at least 20 seconds before and after handling food.

Rinse produce under running tap water before using or consuming.



Cook foods to safe internal temperatures to kill harmful bacteria.

Use a thermometer to confirm the temperatures of cooked food



Wash cutting boards, dishes and utensils with warm, soapy water.

Refrigerate or freeze food promptly within 2 hours after cooking.

MCHENRY COUNTY DEPARTMENT OF HEALTH
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If you suspect a foodborne illness, contact the McHenry County Department of Health for investigation. Staff can be reached at (815) 334-4585, Monday - Friday from 8:00am - 4:30pm. For after hours emergencies, please call (815) 344-7421.