Don't be Sorry - Keep Your Picnic Foods Safe

Keep perishable foods cold by transporting them in an insulated cooler packed with ice.
Pack the cooler immediately before leaving home.
Avoid frequent opening of the cooler.
Do not poke meat with a fork or knife when placing or turning on the grill. This can cause bacteria to be pushed into the meat. Cook steaks to 145 F, and hamburgers to 160 F.
Place cooked meat on clean plate, not the plate on which it was carried to the grill.
Throw away leftovers that have been kept out more than two hours (one hour if the temperature is above 90 F).
Some tips for preparing perishable foods:

- Substitute sour cream for mayonaise when possible
- If you must have a fruit salad, try squeezing lemon juice over your cut-up fruit.
- Prepare meat and deviled eggs the day of the picnic.
- To save time, consider cooking noodles and potatoes for salads the day before, and refrigerating until preparation (the day of the picnic).