

## Going on a Picnic?

### Keep hot foods hot, and cold foods cold.

Perishable items should be kept at 4°C (40°F) or colder. Freeze or chill the foods before leaving and pack these items last. Use a cooler with a freezer pack or blocks of ice to keep the food cold during transport.



Transport your cooler in the coolest part of the car (generally not in the trunk as it gets too hot in the summer). When you arrive at your destination, store the cooler out of the sun. Try to open the cooler as little as possible. Ice blocks in the cooler should be replaced before they fully melt.

If you are headed out for a day hike, and won't be using a cooler, ensure that foods are packed cold in your backpack. Use freezer packs or frozen juice boxes to keep the food cold.

If you are cooking food, use a hot campfire or a portable stove. Make sure you pack a thermometer for checking that meat has been cooked to safe temperatures. A safe number to remember is 74°C (165°F). Cook all meat products and leftover foods to this temperature to ensure that they are safe to eat.

Try to bring foods that are shelf stable such as:

- canned tuna, chicken
- drinking boxes
- dried pasta, powdered sauces and dried soups
- dried fruits and nuts

### Keep everything clean.

Before preparing or eating food, and after using the washroom, wash your hands with soap and warm water. If you are going somewhere that will not have water, bring along water from home. If water is not available, use disposable wipes, or hand sanitizer gels.

### Don't cross contaminate.

Always keep cooked foods separate from uncooked foods. Pack raw meats separate from all other foods to prevent contamination. Immerse all cooking equipment that comes into contact with raw meat in a solution a 2 tsp bleach to 4L/gallon hot water for at least 45 seconds.

### Some suggestions for day hikes:

- Bring along a small, tightly sealed container of bleach.
- Bring pre-cooked foods.
- If you must bring raw meat, pre-cut and portion it into a freezer bag at home so that it can go directly onto the grill with little handling.
- Carry extra plastic bags that can be used for contaminated packaging and cutlery. Alternatively, use only disposable cutlery.

### Drinking water.

No surface water such as lakes, streams or springs can be considered safe.