

## Serving Super Bowl Party Food Safety Tips

Super Bowl Sunday is an American tradition for football, friends, parties and food. It is the second largest food consumption day of the year ranked only behind Thanksgiving.

Make sure your Super Bowl gathering is safe and memorable for all the right reasons. Follow these six tips recommended by Center for Disease Control to make sure your celebration is safe.

### Keep It Clean.

- Wash your hands with warm running water for 20 seconds before preparing, eating and handling food. Also wash your hands after using the bathroom, using the television remote and touching pets.
- Wash your cutting boards, dishes, utensils and counter tops with hot soapy water before and after preparing foods.
- Rinse vegetables and fruits by rubbing or scrubbing with a clean vegetable brush.

### Cook it well.

- Use a food thermometer to test Super Bowl party favorites such as chicken wings or sliders.
  - Make sure your chicken wings reach a minimum internal temperature of 165 degrees Fahrenheit. Burgers should reach 160 degrees Fahrenheit.
  - Microwave leftovers to 165 degrees Fahrenheit to get rid of harmful bacteria.
- There are certain meats that need a “resting time” after being removed from the oven, grill or other heat source, before serving to ensure that germs are killed. These include some steaks, ham and pork. General resting time is about 3 minutes.

### Keep it safe.

- If preparing food in advance, divide cooked food into shallow containers and store in a refrigerator or freezer until the party begins.
- If you prefer takeout or delivery of party foods, make sure to keep hot foods hot and cold food cold.
- Hot foods such be at 140 degrees or warmer. Us a chafing dish, slow cooker or warming trays to keep warm.
- Cold foods should be 40 degrees or colder. Use small serving trays or nest serving dishes on ice.
- Large pots of food such as soups and large cuts of meats should be divided in small quantities for refrigeration to allow them to cool quickly and minimize time food is in the temperature danger zone, 40 to 140 degrees.

### Watch the time.

- Follow recommended microwave cooking and standing times.
  - Cold spots areas that are not completely cooked can harbor germs.

- Always follow directions for the “standing time,” the extra time food should stand in the microwave is important.
- Track the time that food stays on the buffet.
  - Food should not stay out longer than 2 hours.

#### **Avoid mix-ups**

- Keep raw meats separate from ready-to eat foods when preparing, serving or storing.
- Offer guests serving utensils and small plates to discourage them from eating directly from the bowls with chips and dips.

#### **Get it to go.**

- Discard any perishable food that has sat out longer than two hours.
- Divide leftovers into smaller portions place in shallow containers and refrigerate.
- Leftover foods should be refrigerated at 40 degrees or below as soon as possible within two hours of preparation. It is OK to put hot food directly into the refrigerator.
- Refrigerate leftovers for three to four days at the most. Freeze them if you won't be eating the leftovers sooner.
- Left overs should be reheated to at least 165 degrees before serving.