



HAWAII STATE
DEPARTMENT
OF HEALTH

FOOD SAFETY TIPS FOR SUMMER FUN - SAFE AND HEALTHY OUTDOOR BBQ'S AND PICNICS

Practicing proper food handling techniques will protect yourself, your family and friends from foodborne illness and food contamination. Here are some tips to keep in mind when preparing, storing, and cooking food as you celebrate July 4th or any other summer picnics, barbecues or outdoor activities that involve FOOD.

Wash Hands, Utensils, and Food Preparation Surfaces

- Food safety begins with hand-washing even in outdoor settings. And it can be as simple as using a water jug, some soap, and paper towels if sinks are not available.
- Consider using moist disposable towelettes or other hand sanitizers for cleaning your hands if running water is not available.
- Keep all utensils and platters clean when preparing food.

Preparing Fruits and Vegetables

- Use only fresh vegetables and fruits that are in good condition. Avoid bruised, discolored or old fruits and veggies.
- Rinse all fresh fruits and vegetables, including those with skins and rinds that are not eaten, under running tap water before packing them.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.
- Keep cut cantaloupes and melons on ice, preferably below 45°F. Treat as a perishable food item.