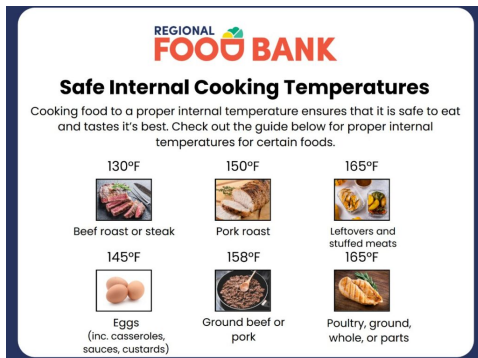




Stay Cool (and Hot!) This Summer: Picnic Food Safety Tips



Summer is *trying* its best to break through those rainy days — and once the sun finally sticks around, it's picnic season in full swing! Whether you're headed to the park, beach, or just your backyard, nothing says summer like sharing a meal outdoors. But before you unpack that cooler, let's talk food safety — because sunshine is great, but food poisoning? Not so much.

Food Safety Tip of the Month: **Keep Cold Foods Cold & Hot Foods Hot!**

Your picnic might be picture-perfect, but if food temps go rogue, it could turn into a not-so-fun memory. Keep it safe with these easy tips:

Cold Food Know-How

Cold perishable foods should be kept in a cooler at **40 °F or below** right up until it's time to eat.

- Once served, they can sit out for **no more than 2 hours** — or just **1 hour if it's over 90 °F** outside (hello, heatwave!).
- Items like chicken salad or fruit parfaits in small dishes? Pop them right on top of ice, or place the dish in a shallow container nestled in a deep pan filled with ice.
- **Pro tip:** Drain off water as the ice melts and refresh it often to keep things chilly.

Hot Food Hacks

Hot food needs to stay hot — **140 °F or warmer** is the magic number.

- Keep it tightly wrapped and tucked inside an insulated container to hold in that heat.
- And just like cold food, hot dishes shouldn't linger on the picnic table for more than 2 hours (1 hour if it's really toasty out).
- If it's been out too long, don't risk it — when in doubt, throw it out!

And hey — we know the rain has been hanging around a little *too* much lately, but blue skies and sunny weekends are on their way. So when the clouds finally part, you'll be ready to picnic like a pro, with delicious food *and* smart safety habits.

Here's to sunny days, full plates, and no leftovers left in the sun.

[Get the food temperature graphic as a PDF](#)