

NEWS RELEASE

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Score a Food Safety Touchdown

It's almost time for the big game! Millions of families will watch the biggest sporting event of the year. And where there's a Super Bowl gathering, there's also plenty of food! Don't invite germs to the party. Follow these food safety rules to score a food safety touchdown:

- ✓ **Lead a good warm-up.** [Wash your hands for 20 seconds with soap and water](#) before preparing food and eating. Also make sure countertops, dishware, and utensils are washed and sanitized before using them to prepare, warm, cook, or serve any foods.
- ✓ **Keep up the defense.** Harmful bacteria can make you and your teammates sick. Don't allow [cross-contamination](#) to ruin your gathering! Wash your hands after handling raw meat, eggs, and flour. When grilling, use separate plates and utensils for raw and cooked meat/poultry and ready-to-eat foods (like raw vegetables).
- ✓ **Avoid a false start.** [Use a food thermometer](#) to ensure food items are properly cooked and heated to kill harmful bacteria that may try to tackle your guests. Here are the [recommended internal temperatures](#) for some Super Bowl party favorites:
 - Chicken wings = 165°F
 - Burgers and sliders = 160°F
 - Chili and other reheated foods = 165°F
- ✓ **Stop the clock.** Harmful bacteria love temperatures between 40°F and 140°F and will grow rapidly in this temperature "danger zone." When [foods have been sitting at room temperature for two hours](#), you have three safe play options: 1) pack leftovers in shallow containers and put them in the refrigerator or freezer; 2) change the cold sources; or 3) throw away the foods.

Your household will thank you for serving delicious food and watching their "blindsides" to prevent food poisoning. For more food safety tips and resources, visit www.FightBac.org and www.cdc.gov/foodsafety.

Adults and children participating in CalFresh Healthy Living are learning how to create healthy habits and keep their food safe. For more food safety, nutrition, or program information, visit our [CalFresh Healthy Living, UCCE website](#). Follow and "like" us on Facebook for additional tips and updates: [@CFHL.UCCE.PlacerNevadaCo](#).

Adapted from Partnership for Food Safety Education's blog [What's Your Food Safety Game Plan?](#) and USDA's blog [Your Guide to Hosting a Penalty-Free Super Bowl Party](#)



RULES of the GAME for Food Safety

Keep it clean

Before you eat or handle food, wash your hands, food prep tools and surfaces.



Cook to the right temperature

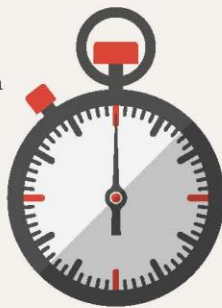
Use a food thermometer to check that foods are cooked to the right temperature:

165°F for chicken and
160°F for ground beef.



Watch the clock

Throw out perishable food that has been sitting at room temperature for more than two hours; one hour if it's **90°F** or warmer.



Serve at the right temperature



Keep hot foods at **140°F** or warmer, and cold foods at **40°F** or colder.



www.cdc.gov/foodsafety

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