

FOOD SAFETY TIPS FOR CAMPING

Camping is a fun experience for the entire family. To ensure that the experience is not only fun but safe, follow these guidelines to prevent foodborne illness so that you are not singing campfire songs like *The Salmonella* Blues.

- Wash your hands with soap and warm water after using the restroom and before preparing food. If warm water is not available, wash with cold water and soap followed by a hand sanitizer.
- Don't drink any non-potable water. Water from rivers, lakes, streams, and ponds is considered nonpotable until it has been properly filtered, chemically treated or boiled.
- Don't eat any mushrooms, berries, or other plants found in the wilderness. Many of them are poisonous.
- Keep all meats, fish, poultry, dairy products, and other perishable foods at or below 41°F inside an ice chest or cooler.
- Thoroughly cook all raw meats. Bring a probe thermometer to ensure that food has reached the minimum cooking temperature:
 - Eggs, fish, pork, and steak 145°F
 - Raw ground meats 155°F
 - Raw poultry like chicken 165°F
- Do not leave perishable foods out at room temperature for more than 4 hours. Remember: When in doubt. throw it out!
- Proper washing and sanitizing of utensils is an important defense against foodborne illness while camping. Ensure that you scrape all utensils clean (both cooking and eating) and follow the three step process in order:
 - 1. Wash in soap and warm water
 - 2. Rinse in clean clear water
 - 3. Dip in a sanitizer solution (about 1 tablespoon of household bleach per gallon of water)
- Use three plastic buckets or three plastic bins for each of the utensil washing steps.
- Make sure to let utensils air dry after the sanitizing step.
- Properly bag and tie all food waste and dispose of it in a vermin proof trash receptacle to prevent un-

wanted critters or pests.

Whether your camping experience takes you to our local mountains or to one of Orange County's great beaches, following these simple guidelines will ensure a safe and fun adventure. Don't forget the S'mores!

BLEACH

