

Mayo Clinic Minute

4 tips for a safer picnic

VIDEO	AUDIO
Graphic: Keep an eye on food temps	Picnic tip No. 1: When you open the cooler, keep an eye on the clock.
Title: Kate Zeratsky Dietitian Mayo Clinic Graphic: 2 hours: Warm days 1 hour: Hot days	“The general rule is to have food out only two hours. However, on a hot day – 90 and above – you want to limit the time that food is out in that hot weather to one hour.”
Kate Zeratsky	“You might even consider a bowl of ice. And, then, sit your food container in that ice. That can help maintain a cool temperature.”
Graphic: Pay special attention to proteins	Dietitian Kate Zeratsky’s second tip: Pay special attention to proteins.
Kate Zeratsky	“Bacteria like protein.”
Graphic: Ground meat: 160-165 degrees Poultry: 165 degrees	So keep meat cold until it hits the grill. Then, use a meat thermometer to make sure it’s cooked to a safe temperature. At least 160 degrees for ground meats and 165 for poultry.
Graphic: Shield your sweet treats	Picnic tip No. 3: Shield your sweets, including the ones from Mother Nature.
Kate Zeratsky	“Fruit, with its natural sugars, is going to attract some bugs. So you might want to keep it covered.”
	And No. 4:
Kate Zeratsky	“When in doubt, throw it out. You don’t want anyone to get sick.”
	For the Mayo Clinic News Network, I’m Jeff Olsen.