



\*\*This news release from K-State Research and Extension is available online <https://ksre-learn.com/food-safety-outdoor-parties>

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### **Beware of uninvited party guests: foodborne germs**

K-State food scientist shares food safety tips for picnics, buffets and other gatherings

*By Maddy Rohr, K-State Research and Extension news service*

MANHATTAN, Kan. – It's the season of outdoor parties, buffets, picnics and gatherings. Amidst the food and fun, Kansas State University food scientist Karen Blakeslee said foodborne germs can crash your buffet and make people sick with food poisoning.

When cooking, preparing, or serving food for large groups, follow these steps to keep food safe:

- Keep your hands and surfaces clean. Washing your hands is one of the most important prevention methods to prevent foodborne illness.
- Separate raw meats from other foods. Prevent cross contamination by using separate or clean utensils and dishes. Keep raw meat packed in their own package and even a separate ice chest.
- A food thermometer is your friend! Use it to check doneness of meats and to keep foods out of the temperature danger zone between 40-140°F. Keep these three temperatures in mind – 145°F for steaks, roasts, chops; 160°F for all ground meat; and 165°F for all poultry.
- Check the clock and use the 2-hour rule to keep hot foods hot and cold foods cold. A food thermometer is a handy tool for this step! Discard foods left out at room temperature more than two hours. When outside in temperatures above 90°F, discard foods left out more than one hour.
- Store leftovers promptly and divide large amounts of food into smaller containers before placing them on ice or in the refrigerator.

Blakeslee, who also is coordinator of [K-State's Rapid Response Center for Food Science](#), publishes a monthly newsletter called [You Asked It!](#) that provides numerous tips on food safety.

More information is also available from [local extension offices](#) in Kansas.

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**FOR PRINT PUBLICATIONS:** Links used in this story

Rapid Response Center, <https://www.rrc.k-state.edu>

You Asked It! newsletter, <https://www.rrc.k-state.edu/newsletter>

K-State Research and Extension local offices, <https://www.ksre.k-state.edu/about/statewide-locations.html>

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