

Meals in the Field

FOOD SAFETY

Farm families: take steps to be food-safe when cooking and serving food during planting and harvest.



Take 20

 Use soap and water to wash all parts of the hands and wrists for at least 20 seconds.

Wash Hands...

- ...when switching tasks, such as moving from making salad to cutting up meat.
- ...after using the restroom.
- ...after touching phones and tablets, trash cans and lids, your face, hair, or skin, or other contaminated surfaces.

Handwashing in the Field

- If a portable handwashing station is not available where food will be delivered, bring bottled water, soap, and paper towels for makeshift handwashing.
- Or bring moist towelettes and alcoholbased hand sanitizer. Hand sanitizer does not work effectively on dirty or soiled hands, so use the moist towelette first.



Keep Hot Food Hot

 Once fully cooked and packed for delivery, move hot foods into insulated containers, such as coolers packed with clean, heavy towels.

Keep Cold Food Cold

• Pack cold foods in insulated containers with ice and ice packs.

Temperatures for Delivery

- If driving longer than 30 minutes, pack hot and cold foods as described above.
- The goal is to keep hot foods at 135°F or hotter and cold foods at 40°F or colder.











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Eat Soon After Delivery

 For food safety reasons, remind farmers and workers to eat meals as soon as possible after being delivered to the field.

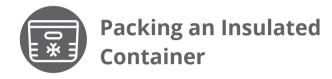
2-Hour Mark

• Throw out perishable food left at room temperature after 2 hours.

Temperatures Above 90°F

 If temperatures rise above 90°F, throw out perishable foods left at room temperature after 1 hour.

"Perishable food" is any food that needs temperature control for safety. This includes cooked foods, foods that are normally refrigerated or frozen, and shelf-stable foods that need temperature control after being opened, such as canned fruit or bottles of juice.



Start Cold.

- Cool the container before filling, such as with cold water or ice.
- Chill or freeze foods and drinks before adding to cooler.
- **Fill it Full.** Full containers stay colder longer than partially filled ones.
- Go Big. Use large ice packs or ice blocks, which stay colder longer than small ice packs or ice cubes.
- Keep it Closed. Pack foods and drinks in a way that limits the need to open the lid frequently.
- **Check Temps.** Add a refrigerator thermometer to check temperatures. For safety, keep perishable foods at 40°F or colder.

