



Meals in the Field

FOOD SAFETY

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



Wash Hands

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 alcohol-based hand sanitizer. Hand sanitizer does not work effectively on dirty or soiled hands, so use the moist towelette first.



Traveling with Food

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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Start the Countdown

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.



Packing an Insulated Container

- **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.



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