

## Food Safety Tips for Road Trips

Whether you're heading to a campground or a resort, don't forget to pack nutritious snacks for the road. Keep your backseat treats safe with these easy tips:

### Choose Carefully

Pack easy-to-transport, shelf-stable foods. Good choices include cereal, trail mix, popcorn, single-serve applesauce, cans of tuna, peanut butter sandwiches, fresh fruit, carrots or celery.



### Clean Up

Wash hands with soap and water during food preparation, especially between tasks.

If you don't have access to a restroom, pack moist towelettes or hand sanitizer.

Have everyone in the family clean up before digging in.

### Know Your Foods' Limits

Don't let food sit unrefrigerated for more than two hours. (In temperatures above 90 degrees Fahrenheit, refrigerate food within one hour.)

Pack food with plenty of ice or a frozen ice pack in an insulated lunch bag or cooler.

Use a refrigerator thermometer to make sure the temperature stays below 40 degrees Fahrenheit.

### Keep Coolers Cool

In hot weather, place coolers and lunch bags in the back seat instead of the trunk. The environment tends to be cooler in the car, especially when the air conditioning is on.

Many of these same guidelines apply to carry-out and fast-food items. Wash your hands before eating and don't keep leftovers for more than one to two hours, depending on outside temperatures.