



## River Valley District 4-H Favorite Food Show Food Safety Tips



**Food safety is an important part of all cooking! Since you will be transporting your favorite food for the Favorite Food Show, it is important to keep some important food safety tips in mind!**

**Questions and concerns about Food Safety should be directed to your local River Valley District extension office.**

- ✿ The temperature danger zone is 40-140 degrees Fahrenheit. Bacteria multiplies quickly on perishable foods at these temperatures. Foods in the temperature danger zone for two or more hours are unsafe to eat and should be thrown out. Keep this in mind when planning your travel times for this contest!
- ✿ Keep cold foods cold!
  - Use a cooler with enough ice to keep the food at 40 degrees Fahrenheit or lower! Be sure to pack the cooler last! Take the food directly from the freezer or refrigerator and place them in the cooler.
  - If it is a hot day, place the cooler in the car where it is air conditioned – not the trunk!
  - Refrigerator/Freezer space will be available once you arrive at the judging site.
- ✿ Keep hot foods hot!
  - You can wrap hot foods in a towel and transport in a cooler to help hold the temperature.
  - Have a place to heat your food on arrival! Stoves and microwaves are available at the judging site. Plug-ins will also be available for crock pots or slow cookers.

