

# Help give your picnic a clean bill of health

Summer is a season for having fun outdoors, and picnicking is a great way to enjoy the warm weather. Proper food-handling can help you prevent uninvited, illness-causing bacteria from crashing your outdoor celebrations.

The Canadian Consumer Specialty Products Association offers the following food-handling tips to help you have a safe and enjoyable picnic:

While preparing your picnic, always wash hands, cutting boards, dishes, and utensils with hot, soapy water after they come in contact with raw meat, poultry, and seafood. If possible, use one cutting board for fresh produce and use a separate one for raw meat, poultry, and seafood, and never place cooked food back on the same plate or cutting board that previously held raw food.

You should also rinse fruits and vegetables under running water before they are prepared and packed. Some picnic sites may not have a warm water source or even running water. So pack your picnic hamper with hand gel sanitizer or a packet of handcleaning wipes, and a few extra bottles of water. You can also toss in some disinfecting or antibacterial wipes and plenty of napkins/paper towels to clean off dirty picnic tables and benches.

When you return home from your outdoor feast, wash reusable serving utensils and bowls with hand dishwashing detergent and hot water or in the dishwasher as soon as possible.

For more tips about cleaning and antibacterial products, visit [www.healthycleaning101.org](http://www.healthycleaning101.org).

