

Healthy Kansas Minute Radio Interview – Summer Food Safety

Joe: This is the Healthy Kansas Minute. I'm Joe Blubaugh, and with me is Dr. Gail Hansen, State Epidemiologist with the Kansas Department of Health and Environment. Summer is almost here, and so are those great summer cookouts. However, it is important to pay close attention to food safety in order to prevent foodborne illnesses.

Gail: Cookouts during hot weather can often make it difficult to keep cold foods cold. Be sure to carry perishable food in an insulated cooler with several inches of ice. And when packing your cooler, be sure to keep raw meat and poultry separate from ready-to-eat food to avoid contamination.

Joe: Keeping hands clean is also one of the most important steps people can take to avoid foodborne illnesses.

Gail: That is correct. Wash your hands with soap and warm, running water. Alcohol-based hand cleaners are also a great alternative if running water is not available. Hands should be washed after using the toilet, and before and after eating or preparing foods.

Joe: Thank you Gail. To learn more about food safety, visit www.ksfoodsafety.org. This has been the Healthy Kansas Minute!