

Food Safety Information

Tips for outdoor eating in the summer months

Warm summer weather is perfect for bacteria to grow, so it's especially important to keep hot foods hot and cold foods cold until you're ready to eat them.

If you're having a buffet, try to keep the food out of the fridge for the shortest time possible. If there are any leftovers from a buffet or barbecue, throw them away or put them in the fridge as soon as you can. When you take leftovers out of the fridge, eat them immediately or reheat them thoroughly straight away – don't leave them standing around at room temperature.

It's especially important to keep the following foods chilled:

- food containing cream, such as trifle, cream cakes and desserts
- meat and poultry
- food containing raw eggs

When you're going on a picnic, you should also be careful to keep food cool. Don't take it out of the fridge until the last minute and use a cool bag to keep it chilled until you're ready to eat. Always try to wash your hands before eating but, if you can't, you could use antiseptic hand wipes instead.

When you're eating outdoors you should also remember to:

- keep food covered whenever possible – this is to protect it from insects, birds and pets, which can carry bugs.
- wash fruit and salad vegetables thoroughly.



**Brighton & Hove
City Council**

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