



## 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 about Food Safety should be directed to your local River Valley District extension office. The temperature danger zone is 40-140 degrees Fahrenheit. Bacteria multiply 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 it in the cooler.
- If it is a hot day, place the cooler in the car where it is air conditioned – not the trunk!
- Because the location of the contest might change from year to year we might not be able to guarantee access to a refrigerator.

### Keep hot foods hot!

- You can wrap hot foods in a towel and transport in a cooler to help hold the temperature.
- Because the location of the contest might change from year to year we might not be able to guarantee access to a stove, oven or microwave.

### Keep frostings/fillings, that are **less than 65%** sugar by weight, cold!

- Any entries with frostings/fillings must calculate the amount of sugar in said frosting/filling. Calculation must be provided at time of judging. Examples on how to calculate this percentage are included in the publication located at: <https://bookstore.ksre.ksu.edu/pubs/MF3544.pdf>. Questions can be directed to Kaitlin Moore, Nutrition, Food Safety & Health Agent, at 785-243-8185 or [kaitlinmoore@ksu.edu](mailto:kaitlinmoore@ksu.edu)