

Extension Update

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Keep Super Bowl Parties Super Safe

Super Bowl Sunday usually means having a good time, but people need to watch out for potential food safety dangers.

The second highest amount of food is consumed in the U.S. on Super Bowl Sunday, second only to Thanksgiving, according to the United States Department of Agriculture. For that reason, hosts and partygoers must be mindful of food safety practices.

Foodborne illnesses may occur when potentially hazardous food has been left out for more than two hours at room temperature, 70 degrees F. As a guest, potentially hazardous foods left out at room temperature for over two hours should be avoided.

As a host, you need to keep yourself and your guests safe. To be safe, keep cold foods cold and hot foods hot. Cold foods should be kept at 40 degrees F. or lower and hot foods should be kept at 140 degrees F. or higher. Both of these temperatures are outside the food safety temperature danger zone.

Chips and dip are commonly provided at Super Bowl parties. While the chips are not potentially hazardous foods and are safe, dip can provide a problem when not kept hot or cold. Cream cheese, sour cream, and bean dips are potentially dangerous if they are left at room temperature for longer than two hours.

Meat, poultry, and dairy should never be left out for more than two hours without being kept hot or cold. Nesting serving dishes on bowls of ice can keep items properly chilled. Slow cookers can be used to keep food products hot.

To keep guests safe, hosts should wash their hands thoroughly and often during food preparation. Food preparation and serving surfaces should also be kept clean throughout the big game.

In addition, use meat thermometers to make sure all meat and poultry has been cooked thoroughly. Beef, lamb, and veal steaks and roasts need to be cooked to 145 degrees F., which is medium rare. A medium degree of doneness is 160 degrees F.

Ground beef, ground pork, ground veal, and ground lamb, plus pork chops, pork ribs and pork roasts need to be cooked to 160 degrees F. Poultry must be cooked to 165 degrees F.

Your favorite team might not win the big one, but sports fans will feel a lot better if they eat healthy and avoid foodborne illnesses.

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