Oh, hey...

**DIY BRIDES**

Catering can be expensive!

When preparing food for guests, **you can't afford to forget food safety!**

**SEPARATE**

Use separate surfaces for produce, meat, seafood and eggs.

**COOK**

Cook all meat and poultry to proper internal temperatures.

**TRANSPORT**

Store cold food at or below 40°F. Wrap or insulate hot food to keep it at or above 140°F.

**RE-HEAT**

Food that has been cooked ahead should be re-heated to at least 165°F. Re-heat sauce, soup and gravy to a boil.

Find out more about food safety:

[WWW.FSIS.USDA.GOV](http://WWW.FSIS.USDA.GOV)
Don't let **food poisoning** CRASH your wedding!

**ASK YOUR CATERER THESE FOOD SAFETY QUESTIONS**

<table>
<thead>
<tr>
<th>WHO</th>
<th>WHAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>on staff is a certified food handler?</td>
<td>potential allergens will be in the food served?</td>
</tr>
</tbody>
</table>

Certification means proper training in safe food handling methods. Notify guests of common allergens, such as milk, eggs, fish, shellfish, tree nuts, peanuts, wheat and soybeans.

<table>
<thead>
<tr>
<th>WHERE</th>
<th>WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>will the food be prepared?</td>
<td>will the food be served and how long will it sit?</td>
</tr>
</tbody>
</table>

If offsite, have plenty of knives, cutting boards, dish towels, and dish soap available for onsite preparation. Don’t let food sit out for more than 2 hours. This is very important for buffet-style meals.

<table>
<thead>
<tr>
<th>WHY</th>
<th>HOW</th>
</tr>
</thead>
<tbody>
<tr>
<td>should hors d'oeuvres only be served for an hour?</td>
<td>will food be transported?</td>
</tr>
</tbody>
</table>

Perishables can only be left out for 1 hour during hot (90°F and up) summer temperatures. Store cold food at or below 40°F, hot food at or above 140°F and separate raw food to prevent cross-contamination.

Want more food safety tips? [WWW.FSIS.USDA.GOV](http://WWW.FSIS.USDA.GOV)
PLANNING THE PERFECT WEDDING MENU?

8 foods are responsible for 90% of food allergic reactions!

- MILK
- EGG
- FISH
- SHELLFISH
- PEANUTS
- SOY
- WHEAT
- TREE NUTS

3 Tips to Prevent Food Allergic Reactions at Your Wedding

1. Check with your CATERER about potential allergens.

2. Use your WEDDING RSVPs and meal selections to notify guests of potential allergens.

3. Use labels on BUFFET TABLES to identify potential allergens in dishes.

Find out more about food safety:
WWW.FSIS.USDA.GOV
SOMETHING OLD, NEW, BORROWED AND BLUE...

Add these kitchen essentials to your WEDDING REGISTRY too!

Kitchen Food Safety Toolkit

- **FOOD THERMOMETER**
  - Check internal temperatures to ensure food is safe to eat.

- **KITCHEN TOWELS**
  - Don't spread bacteria - wash towels frequently.

- **SLOW COOKER & INSULATED CONTAINERS**
  - Keep hot foods hot (140°F or higher) so bacteria don't grow.

- **KNIVES & CUTTING BOARDS**
  - Keep raw meat and poultry separate from produce to prevent cross-contamination.

- **COOLER & GEL PACKS**
  - Keep raw meat and poultry cold (40°F or below).

- **SEALED CONTAINERS**
  - When transporting raw meat and poultry, keep them separate from other food.

WWW.FSIS.USDA.GOV
Planning a BRIDAL brunch?

Don't get caught with egg on your face.

Follow these FOOD SAFETY TIPS for cooking PERFECT EGGS, THREE WAYS.

**SCRAMBLED**
Cook until firm, not runny.

**FRIED, BOILED or POACHED**
Cook until both the egg white and the yolk are firm.

**CASSEROLE**
Cook until the casserole center reaches 160°F.

**PRO TIP:** Using a food thermometer is the only reliable way to check that food is done.

Learn more about food safety:
WWW.FSIS.USDA.GOV
SAVE THE DATE: DON’T CROSS-CONTAMINATE!

FOOD PREP TIPS for food-safe Bridal Showers

PREVENT CROSS CONTAMINATION
Use one cutting board for produce and another one for raw meat, poultry or seafood.

KEEP COLD FOOD COLD
Keep food at or below 40°F by placing shallow food containers inside a pan filled with ice.

KEEP HOT FOOD HOT
Keep food hot at or above 140°F by using chafing dishes, preheated steam tables, warming trays or slow cookers.

CLEAN SERVING AREAS
Use clean towels throughout the event to wipe down serving areas.

HANDLE LEFTOVERS CORRECTLY
Refrigerate or freeze leftovers in shallow containers and toss food that has been sitting at room temperature for more than two hours.

WATCH THE SERVING LINE
Hold separate refill dishes at the appropriate temperature. Remove and replace serving dishes as needed.

Find out more about food safety: www.fsis.usda.gov
On your big day
DON’T TOSS YOUR TRADITIONS
Along with the bouquet!

FOOD SAFETY TIPS
For serving family recipes at wedding events

1. **COOK**
   to safe internal temperatures
   - 145°F Steak and Pork
   - Followed by 3 minute rest
   - 165°F Poultry
   - 160°F Ground Beef

2. **TRANSPORT**
   in insulated food containers

3. **SERVE**
   at safe temperatures
   - COLD FOODS: Below 40°F
   - HOT FOODS: Above 140°F

4. **STORE**
   by chilling or freezing in shallow containers

More information:
WWW.FSIS.USDA.GOV
Wedding Words of Wisdom

Keep your wedding guests safe!

DON'T MAKE THESE

FOOD SAFETY MISTAKES

MISTAKE #1
Tasting food to see if it's still good to eat
WHY: You can't taste, smell or see the bacteria that causes food poisoning.

MISTAKE #2
Putting cooked meat on a plate that held raw meat
WHY: Bacteria from the raw meat can spread to the cooked meat.

MISTAKE #3
Washing meat or poultry before cooking
WHY: Washing raw meat or poultry can spread bacteria to other surfaces.

MISTAKE #4
Letting food cool before putting it in the fridge
WHY: Illness-causing bacteria can grow within two hours unless food is refrigerated.

MISTAKE #5
Undercooking meat, poultry, seafood or eggs
WHY: Food needs to be cooked properly in order to kill harmful bacteria.

MISTAKE #6
Thawing food on your countertop
WHY: Harmful bacteria can multiply rapidly at room temperature.

Ready to find out more about food safety?
WWW.FSIS.USDA.GOV
FOOD SAFETY 'TO DOs' BEFORE SAYING YOUR 'I DOs'

WEDDING WEEKEND CHECKLIST

1. **FOOD THERMOMETER**
   - Check the temperature of food to ensure it is cooked properly.

2. **DISH TOWELS**
   - Dish towels contain a lot of germs - take extra towels with you.

3. **KNIVES**
   - Keep your produce and fruit knives separate from the knives used for raw meat, poultry and seafood.

4. **CHAFING DISHES**
   - Use chafing dishes or warming trays to keep food hot after cooking - at 140°F or above.

5. **CUTTING BOARDS**
   - Bring at least one cutting board for meat and one for fruit or produce.

6. **DISH SOAP**
   - Wash surfaces, utensils and hands after each use, even when prepping food.

7. **SEALED CONTAINERS**
   - Use sealed containers to keep food separate in transit and for proper storage of leftovers.

8. **COOLER**
   - Cold foods should be held at 40°F or colder.

For more food safety tips, visit [www.fsis.usda.gov](http://www.fsis.usda.gov)
CAKE
FREEZER: 4-6 MONTHS
FRIDGE: 3-5 DAYS

PANTRY: 5-10 DAYS

CHOCOLATE
UNOPENED: 1-2 YEARS

CHICKEN
FREEZER: 4-6 MONTHS
FRIDGE: 3-5 DAYS

SHRIMP
FREEZER: 6-18 MONTHS
FRIDGE: 1-3 DAYS

FILET MIGNON
FREEZER: 4-12 MONTHS
FRIDGE: 3-5 DAYS

FISH
FREEZER: 1-2 MONTHS
FRIDGE: 3-5 DAYS

LAMB
FREEZER: 4-12 MONTHS
FRIDGE: 3-5 DAYS

NOTE: Food lasts in the freezer indefinitely, but quality decreases after the referenced period of time.

Download the FoodKeeper App
http://www.fsis.usda.gov/apps
INTERNATIONAL FOOD TIPS FOR HONEYMOONERS
Don't let foodborne illness WRECK your vacation!

When traveling abroad, play it food-safe.

**DON'T**

- Avoid tap water and beverages with ice.
- Don't eat raw meat, poultry or produce.
- Stay away from unpasteurized dairy products.

**DO**

- Enjoy coffee and tea (drinks made with boiled water), bottled water, and canned beverages.
- Only eat fully cooked food and fruit that you can peel yourself.
- Stick to pasteurized dairy products, like hard cheese and pasteurized milk.

Find out more about food safety: WWW.FSIS.USDA.GOV
TYING the KNOT?
Prevent Food Poisoning from Spoiling the Party

WEDDING FOOD SAFETY TIMELINE

- **ENGAGEMENT PARTY**
  Only serve hors d’oeuvres for 1 hour during hot summers.

- **BRIDAL SHOWER**
  Put a food thermometer on your registry.

- **BACHELORETTE PARTY**
  Don’t let food sit out for more than 2 hours.

- **WEDDING DAY**
  Label common food allergens on buffet tables.

- **HONEYMOON**
  Toss leftover meat and poultry before you leave.

FOR MORE FOOD SAFETY TIPS:
WWW.FSIS.USDA.GOV