Nebraska Lincoln EXTENSION

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EXTENSION SPOTLIGHT on FAMILIES

Proper Food Preparation Means Happy, Healthy Super Bowl Party Guests

Super Bowl time is here and what goes along with Super Bowl parties? Food.

Food safety is the same for Super Bowl parties as it is for any other regular day. Party hosts usually prepare more food for a Super Bowl party than they would for a regular family dinner. Keep surface areas clean because working with a large amount of food includes a lot of time and handling. Have a sink filled with hot, soapy water to wash hands and service utensils often. Washing hands, utensils and surfaces often is especially important when handling meat and poultry and will help prevent food contamination.

Food at Super Bowl parties tends to stay out for long periods of time since the game itself usually lasts between three and five hours due to halftime and commercials. Keep hot foods hot and cold foods cold. Hot foods should be kept at 140 degrees or above. Easy ways to keep them hot are by putting them in crock pots or chafing dishes. Cold foods should be kept at 40 degrees or less. The easiest way to keep them cold is to fill a bowl with ice and put the bowl or plate of food on top of the ice-filled bowl.

Some parties order in by getting pizza or buffalo wings delivered. Make sure they are kept hot once they are delivered by keeping the oven warm, at about 150 degrees, to keep the pizza or other foods hot until served or eaten.

Refrigerate any leftovers right away.