



** This news release from K-State Research and Extension is available online at <https://ksre-learn.com/superbowl-party-safety>

Released: Jan. 30, 2024

Watching the Big Game? Don't commit a Party Penalty, says K-State food scientist

Blakeslee outlines food safety tips when getting together for the Superbowl

K-State Research and Extension news service

MANHATTAN, Kan – With another Superbowl approaching, along with family get-togethers and other parties, Kansas State University food scientist Karen Blakeslee is waving a yellow flag to help assure that food safety stays in the game.

Blakeslee, who also is coordinator of [K-State's Rapid Response Center for Food Science](#), cautions consumers against the following 'Party Food Penalties:'

- **Don't wash chicken wings.** Washing poultry splashes bacteria up to three feet around your sink.
- **Don't leave food at room temperature.** Reheat or chill foods within two hours.
- **Don't double dip.** Use individual plates or bowls for dipping.

Blakeslee also reminds party-goers and hosts about four key concepts of food safety:

Clean: Prepare yourself for the win!

- Wash your hands with warm soapy water for 20 seconds.
- Wash and sanitize all dishware and utensils.

Separate: Your best defense!

- Keep raw meat and poultry away from ready-to-eat-foods.
- Use a clean utensil for each dish.
- Use a clean plate when going for second helpings of food.

Cook: A game winner!

- Use a food thermometer to check for doneness.
- Cook all poultry to an internal temperature of 165 degrees Fahrenheit.
- Cook burgers and sliders to an internal temperature of 160 F.
- Heat soup and reheated foods to 165 F.

Chill: Don't let the clock expire!

- Keep hot foods hot and cold foods cold.
- Put out food in batches.
- Follow the two-hour rule (reheat or chill foods within two hours).

More food safety tips are available online from K-State's [Rapid Response Center for Food Science](#). Blakeslee publishes a monthly newsletter, called [You Asked It!](#), with timely tips for safe food in and out of the home.

More information is also available at [local extension offices in Kansas](#).

-30-

FOR PRINT PUBLICATIONS: Links used in this article

Rapid Response Center for Food Science, <https://www.rrc.k-state.edu>

You Asked It! food safety newsletter, <https://www.rrc.k-state.edu/newsletter/index.html>

K-State Research and Extension statewide locations, <https://www.ksre.k-state.edu/about/statewide-locations.html>

K-State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the wellbeing of Kansans. Supported by county, state, federal and private funds, the program has county extension offices, experiment fields, area extension offices and regional research centers statewide. Its headquarters is on the KState campus in Manhattan. For more information, visit www.ksre.ksu.edu. K-State Research and Extension is an equal opportunity provider and employer.

Story by:

Pat Melgares
melgares@ksu.edu

For more information:

Karen Blakeslee
785-532-1673
kblakesl@ksu.edu