



Summer Grilling Tips

Healthy food and fun can be a great part of summer activities. It is especially important to remember food safety in the summertime and take steps to decrease your chances of becoming ill with food poisoning. Foods that need SAFE handling on and off the grill are:

- hamburgers
- hot dogs
- steaks
- all poultry (chicken, turkey)
- pork chops
- salads with egg, mayonnaise, sour cream, cheese, yogurt or dairy products as part of the ingredients (such as potato salad, macaroni salad)

Safe Handling:

Before handling food, wash your hands with soap and water. Also, be sure to wash your hands after handling raw meat or other raw food. If soap and water are not available, take along anti-bacterial hand wipes or a hand sanitizer.

Meats should be kept refrigerated until ready for cooking. If frozen meat is to be used, thaw **ONLY** in the refrigerator, microwave oven or under cold running water. Do **NOT** thaw meat at room temperature on the counter!

Preparation:

Always use a clean cutting board. If possible, use one cutting board for fresh produce and a separate one for raw meat.

Always marinate food in the refrigerator, not on the counter. Sauce that is used to marinate raw meat, poultry or seafood should **NOT** be reused on cooked food unless it has been boiled for 10 minutes. Boiling will kill bacteria that were transferred from the raw meat to the marinade.

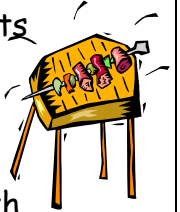
When serving food, always use a clean plate. Never place cooked food back on the same plate or cutting board that previously had raw food.



Cooking:

The color of cooked meat and poultry is not a sure sign of its doneness. Use a food thermometer to be sure the food has reached a safe temperature:

- 180°F - Whole Poultry
- 170°F - Poultry Breasts
- 165°F - Ground Poultry
- 160°F - Hamburgers (made of ground beef)
- 145°F - All cuts of pork
- 145°F - Beef, veal and lamb steaks, roasts and chops



Transporting:

When carrying food to another location, keep it cold to minimize bacterial growth. Use an insulated cooler with ice or ice packs.

After cooking, on a typical summer day, foods should be put away within two hours. If it is a very hot day (over 90 degrees), foods should be put away within one hour.

All leftovers should be covered in an air-tight container and refrigerated or stored in a cooler over ice as soon as everyone is finished.

