

## Safe Outdoor Grilling Tips

Warm weather, graduation, Father's Day, and other summer activities may tempt you to fire up the outdoor grill for food preparation.

Outdoor grilling is a popular way to prepare food during warmer weather while enjoying the company of family and friends. However, grilling does open the door to foodborne illness if proper cleanliness and preparation measures are not following.

To make your cook out a good memory and not a regretful experience, follow these simple steps.

### Food Preparation

- Select fresh meat, poultry, or seafood that is high quality for the best grilling results.
- Keep the perishable products at 40 degrees F or below until ready to grill.
- Keep marinated meats refrigerated or at 40 degrees F and discard marinade.
- Thaw frozen food in the refrigerator.
- Wash your hands before and after working with raw meat, poultry or seafood.
- Wash your work surfaces and cutting boards with hot, soapy water before and after preparing food. To sanitize, use 1 teaspoon bleach per 4 cups of warm water. If possible, use separate cutting boards for cutting up fresh produce and meats.
- When away from home and not near a refrigerator, keep your raw meat and poultry away from other food in a separate cooler with ice. This will prevent cross contamination.
- After placing raw meat on the grill, use a difference platter or plate to place cooked meat on, or wash utensils and platters with hot, soapy water before using them to serve cooked food.
- Cook foods to an internal temperature that destroys harmful bacteria. Check the temperature by placing a thermometer in the center-most part of the meat, not touching the bone.

### Internal Cooking Temperature to prevent Foodborne Illnesses

- **Poultry** – whole, cut up or ground – 165 degrees F.
- **Ground and Beef and all cuts of pork** – 160 degrees F.
- **Beef, veal, lamb steaks, roasts or chops** – 145 degrees F (yields medium rare doneness)

### Safe handling of cooked food

- Serve food immediately after grilling or keep at 135 degrees F or above until served.
- Place on a clean platter.
- Refrigerate on a clean platter.
- Refrigerate all leftovers immediately at 40 degrees F or below.
- Discard any food left out longer than 2 hours or one hour if the temperature is above 90 degrees.

These temperatures are recommended for consumer cooking. They are not intended for processing, institutional or food service preparation. Food service workers should consult their local or state food code or health department.