

QUICK FACTS: OUTDOOR BBQ FOOD SAFETY

(begins long before you put food on the grill)

Before:

Prevent Cross-Contamination: Keep juices from dripping on produce and other groceries. Wrap meats & poultry in plastic bags and keep them separate from other food items in the cart.

Keep Cool: Meat, poultry, and other perishables should be the last items in your grocery cart and the first items in your fridge or freezer. Freeze ground meats and ground poultry that won't be used in 1-2 days. Freeze other whole meats and poultry products within 4-5 days.

***Never** defrost meat or poultry at room temperature.

Bring a Cooler with Ice: Avoid the temperature "danger zone" between 40° F-140° F (where bacteria quickly grows to harmful levels) by transporting raw meats and poultry home from the store on hot days.

During:

Make 2 Batches of Sauce: One for marinade (raw meat). Always marinate foods in the fridge. The 2nd batch is for basting (cooked meat). Set a portion aside ahead of time to use only on food that has been fully cooked.

For Transport: Use separate coolers for raw uncooked items and different coolers for drinks and other prepared items.

Pre-Cooking: It is safe to partially cook food in an oven, or microwave before barbecuing **ONLY IF** it will immediately be placed on a preheated grill after being partially cooked.

Grilling Meat to a Safe Internal Temperature: Don't guess – use a meat thermometer! Check the temperature at the thickest part of the meat. Sanitize the point between readings.

- Burgers/ground meat (except poultry) to 160° F (72° C)
- Chicken and Poultry (including ground, like turkey burgers) to 165° F (74° C)
- Whole cuts of meat including pork to 145° F (63° C), with a 3 minute rest time before serving
- Fish and Shellfish to 145° F (63° C)

*If taps with warm running water are not available for hand washing, be sure to bring hand sanitizer.

Raw and Cooked: Use separate utensils and dishes for raw and cooked food. **Do Not** serve cooked food on platters that were used to transport raw food to the grill unless they have been washed thoroughly with soap and hot water. The same is true for spatulas and utensils.

After:

Eating Outside

When the temperature is 90° F (or higher), perishable foods not eaten within 1 hour should be thrown away. On other days, perishable foods not eaten within 2 hours should be tossed out.

Cool & Chill

Promptly refrigerate leftovers in shallow containers.



www.stopfoodborneillness.org



SPRING CLEANING FOR FOOD SAFETY

Spring is the time of year when most people start fresh – clearing out the old and bringing in the new. Make these guidelines a yearly ritual and get your season off to a good start with these helpful fridge and freezer tips for protecting your family.

Check & Chuck – Look at the labels of everything in the fridge and throw out any unlabeled items or those that have expired. To prevent unnecessary waste, keep a permanent marker by the fridge and label everything before storing it. Remember: Don't keep any leftovers longer than 5 days.

Wipe Out – Remove all food and drinks from your refrigerator while you clean and disinfect it. Using warm soapy water, clean the sides, doors, door seals, ceiling and back removing all grime (and traces of soap). Then, using a fresh cloth, wipe down all surfaces of the refrigerator with disinfectant.

The Door – The door is the warmest part of the fridge and not designed for easily perishable foods including eggs and milk. Make sure all non-condiment items are in the innermost part of the fridge.

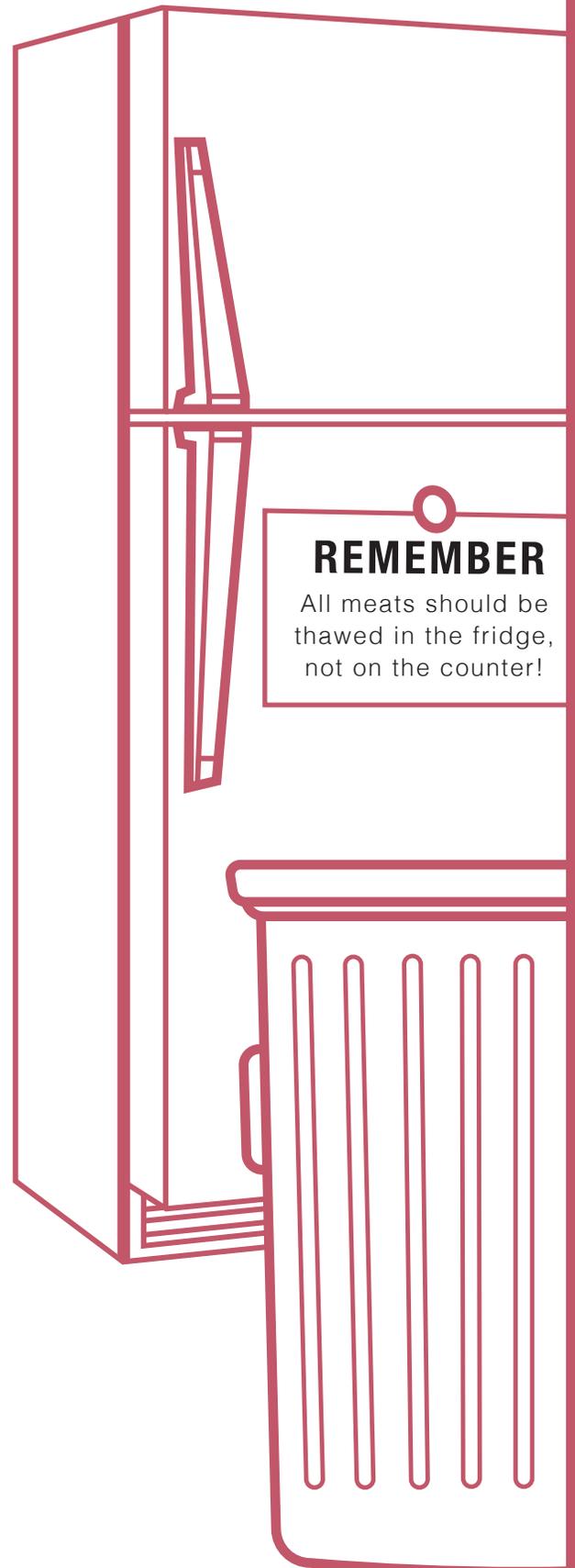
The Bottom Shelf – Move meats to the lowest shelf. This way, if they ever leak, the juices won't drip on other fresh items.

Cool It – Use a thermometer to make sure your fridge is at least 40°F and your freezer is at least 0°F. In warmer months, the internal temperature of your fridge may increase, so check it annually.

Be Energy Efficient – Food stays fresher longer when the fridge can breathe. Ensure all items in the fridge have adequate air flow around them. While it is convenient to bulk shop, packing your fridge to the gills means that some foods will become too cold, while others aren't kept cold enough. Incidentally, the freezer is most efficient when it is as full as possible.

Freezer Burn – While freezer burnt items may not be pretty, they're still safe to eat. To maintain food quality, remove as much air from the package as possible, and freeze quickly.

Keep Cool – Bananas, onions, whole tomatoes, avocados, potatoes, and coffee – ground or beans should be kept in a cool, dry place, but not in the fridge.



All unrefrigerated food items should be kept far from cleaning supplies.