

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

