



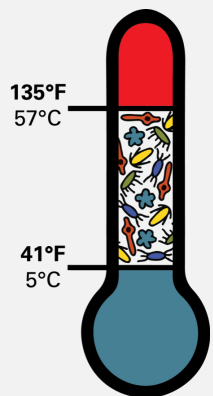
# GRILLING SAFELY AT HOME

It is always important to follow good hygiene practices when handling or preparing food for yourself and others, whether you are grilling, having a summer cookout or backyard BBQ.

## Preparing Food to Go on the Grill

- Wash hands and surfaces after contact with raw foods. Use separate utensils and cutting boards for raw and ready-to-eat or cooked foods.
- Thaw foods safely using the following methods
  - **Refrigerator:** Food should be at 41°F or colder
  - **Cool Water:** Submerge food in package in sink or container of cool water, changing every 30 minutes
  - **Microwave:** Cook food immediately after
  - **Cooking:** Part of the cooking process. Allow at least 50% longer time to cook through
- Marinate food in the refrigerator. If the marinade is to be used as a sauce, save fresh marinade that has not touched raw meat in a separate container or boil the sauce used to marinate raw meat.

## Temperature Danger Zone



- Harmful bacteria grow fastest between 41°F and 135°F
- Perishable foods, such as those containing animal products, cooked vegetables and grains, should be tossed or composted after after four hours at room temperature **OR** one hour if the outdoor temperature is over 90°F

## Cooking Food Safely on the Grill

- Checking color, texture or taste are not indications that food is fully cooked
- If contaminated food is consumed raw or undercooked, there is a higher risk of foodborne illness
- Cooking temperature recommendations are based on reducing bacteria to a level considered "safe." This does not eliminate all pathogens
- Measure the internal temperature of the food by inserting a food thermometer into the side of steaks or burgers to the very center

## Grilling Temperatures

- **Opaque in color**
  - Shrimp, crab, crawfish, scallops and lobster
- **135°F**
  - Commercially processed, fully cooked foods such as hot dogs
- **145°F**
  - Whole cuts of beef, pork, veal, lamb and fish
- **155°F**
  - Ground/tenderized meats
- **165°F**
  - Poultry (ground or whole)

