

BBQ Safely

Summer time means warm temperatures, outdoor fun and outdoor cooking. Those warm temperatures that we love so much are enjoyable but they are also ideal for the growth of bacteria on our food. Remember to use the following simple guidelines to keep you and your family safe while using the barbeque.

- Completely thaw meat and poultry before grilling to ensure thorough cooking. Thawing should be done in the bottom of the fridge or under cold running water.
- When preparing raw foods keep them separate from foods that are ready-to-eat. Use separate cutting boards, wash and sanitize surfaces before and after food preparation and remember to wash hands thoroughly after before and after handling foods.
- Clean and sanitize the grill surface before cooking.
- If using sauce from a bottle, pour it into a container for use. If the opening of the bottle touches the raw meat there will be cross contamination.
- If using marinade, make two batches. The marinade that the raw meat has been soaking in should be discarded and the second batch should be used to coat the meat once the meat is near the end of cooking.
- Use a probe thermometer to ensure the meat has reached the proper internal temperature. Using a thermometer is the only sure way to ensure the meat is cooked thoroughly and bacteria are killed off. (Chicken 74°C, Fish 70°C, Pork 71°C, Ground meat, other than poultry (hamburgers) 71°C
- Use separate, clean utensils for handling raw and cooked products.
- Serve food immediately or keep hot (>60°C) until served.
- Leftovers should be cooled quickly and put into the refrigerator. Food that has been left out for more than two hours (one hour in hot weather) should be discarded.