



# it GRILL Safe

## BEFORE THE GOOD EATING CAN BEGIN

### BE SURE TO:

- Keep food refrigerated until ready to use.
- Avoid the “**Danger Zone!**” Bacteria can grow rapidly between 40 to 140 °F.
- Don’t allow perishables to stay unrefrigerated for more than 2 hours (1 hour if the temperature is above 90 °F).
- Store perishables, including leftovers, in the refrigerator or a cooler. Use ice or gel packs inside the cooler to keep food cold.
- Always follow the manufacturer’s guidelines when using a grill, whether it is charcoal or gas.
- Start with clean hands and a clean grill and utensils.
- Prepare your ingredients, like marinades, dry rubs, oils, and sauces, ahead of time.

### WASHING HANDS:

- Wash hands for at least 20 seconds with warm, soapy water. Many people don’t realize that they can make people sick if they fail to wash hands before handling food.

### CROSS-CONTAMINATION:

- Cross-contamination can occur when a cutting board or plate that held raw food comes in contact with foods that are ready to eat.



Many people grill food year round, but it is especially popular way to cook when the weather is warm. Below are easy to-follow recommendations and tips from the U.S. Department of Agriculture’s Food Safety and Inspection Service for preventing foodborne illness while grilling.

- Clean cutting boards and food thermometers in hot, soapy water between uses. Use a clean plate for cooked foods that you remove from the grill.
- Discard marinades or sauces that have come in contact with raw meat juices. Keep raw meat juices away from cooked foods by using a clean plate.

### CHARCOAL OR GAS:

- It is important that the grill is hot enough to safely cook your food. One way of gauging this is when you can’t keep your hand over it for 2 seconds.
- If charcoal is your choice, buy commercial charcoal briquettes or aromatic wood chips. Follow the manufacturer’s directions on the package label.
- A gas grill has hot and cold spots. Know your grill and read your manual.

### MEAT AND POULTRY:

- Completely thaw meat or poultry before cooking.
- Trim excess fat from meat to prevent fire and grease flare-ups.
- Always marinate foods in the refrigerator using a glass or plastic food-safe container.
- Use a food thermometer to ensure that meat and poultry have reached a safe minimum internal temperature.

# USDA'S RECOMMENDED SAFE MINIMUM INTERNAL TEMPERATURES

FISH	145 °F
PORK, BEEF, VEAL, LAMB – ROASTS, STEAKS & CHOPS	145 °F, with a 3 minute rest time
PORK, BEEF, VEAL, LAMB – GROUND	160 °F
TURKEY, CHICKEN & DUCK – ROASTS, PIECES & GROUNDS	165 °F
HOTDOGS	Reheat until steaming hot



If you have food safety questions, you can contact “Ask Karen,” our 24/7 virtual representative, at [AskKaren.gov](http://AskKaren.gov), or call the USDA Meat and Poultry Hotline and speak with a live representative, in English or Spanish, at 1-888-674-6854. Also, visit [www.foodsafety.gov](http://www.foodsafety.gov) for safety information on all types of foods.

