

Good morning,

With Memorial Day approaching and the unofficial start of summer, it is a great time to talk about Summer Grilling Safety. Michael Seager, Greater Boroughs Partnership for Health's regional health agent compiled important food safety tips for the summer. Follow the below rules to keep your summer outing safe and healthy for you, your family, and your guests.

Keep the Grill (and you) Safe:

- Make sure grills are on a level surface more than ten feet away from the house or other structures.
- Keep children and pets away, as well as overhanging branches.
- Grills should not be used on a balcony or under an overhang.
- Avoid placing grills too close to combustible deck rails.
- Never use a grill in a garage, vehicle, tent, or other enclosed space, even if ventilated, due to the risk of harmful carbon monoxide buildup.

Keep the Food (for family and friends) Safe- from the refrigerator/freezer, all the way to the picnic table.

- Wash your hands with warm, soapy water before handling food and after using the bathroom, changing diapers, and handling pets.
- Don't cross-contaminate. Be sure to keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods that will be eaten raw, such as fruits and vegetables.
- Wash plates, utensils, and cutting boards that hold the raw meat or poultry before using them again for cooked food.
- When it's time to cook the food, have your food thermometer ready. Always use it to be sure your food is cooked thoroughly.
- Keep cold food cold. Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at 40 °F or below to prevent bacterial growth. Meat, poultry, and seafood may be packed while still frozen so that they stay colder longer.
- Wash your produce.

Pages 2 and 3 have two fliers about summer food safety. For more information, visit these links:

<https://www.cdc.gov/foodsafety/communication/bbq-ig.html>

<https://www.usda.gov/media/blog/2022/06/30/your-top-10-food-safety-tips-summer-grilling>

Have a wonderful Memorial Day weekend!

HAVE A FOOD SAFE SUMMER



While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

1 in 6

Approximate number of Americans stricken with food poisoning each year



128,000

Estimated annual hospitalizations from foodborne illnesses



Did You Know?

U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).



Basic Tips

CLEAN



CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER. If you're at a picnic, bring moist towelettes to use!

Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!



SEPARATE



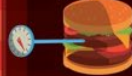
SEPARATE PLATES AND UTENSILS. When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

COOK



USE A FOOD THERMOMETER.

Burgers: 160°F



Just because your burger is brown, not pink, doesn't mean it's safe to eat!

CHILL



Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.



CHILL RAW AND PREPARED FOODS PROMPTLY if not consuming after cooking.

What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

BARBECUE

Cook all meat and poultry to recommended internal temperatures.

Burgers: 160°F.

Chicken and Turkey: 165°F.

Sausage: 160°F.

Steaks: 145°F with a 3-minute rest time.

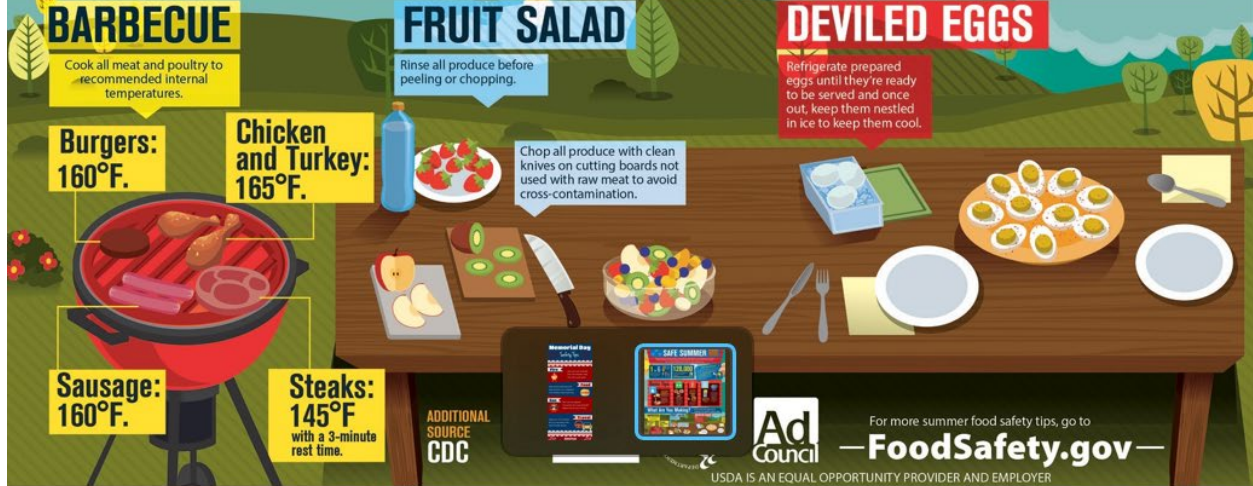
FRUIT SALAD

Rinse all produce before peeling or chopping.

Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.

DEVILED EGGS

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.



ADDITIONAL SOURCE: **CDC**



Ad Council

For more summer food safety tips, go to **FoodSafety.gov**

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

Get Ready to Grill Safely

Separate

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.



Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep **40°F** or below in an insulated cooler.



Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.



Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at **225°F to 300°F** to keep meat at a safe temperature while it cooks.

145°F	beef, pork, lamb, veal (then let rest 3 minutes before serving)
145°F	fish
160°F	hamburgers and other ground meat
165°F	poultry



Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.



Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above **90°F** outside).



www.cdc.gov/foodsafety

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