

BETter Living ...

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July 13, 2017

Be Safe during Grilling Season

Do you enjoy a grilled burger, steak, or hot dog? Summer has arrived and many of us enjoyed grilled food over the 4th of July holiday. Barbeques bring families and friends together during the summer months. No matter what you are doing there are many things to remember to keep you and your family safe.

Are you keeping your food at the correct temperature? When you have food outside there are best practices to keep the food safe. We want you to have fun, but be safe while outside.

Tips to remember when grilling:

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food.
- Always marinate foods in the refrigerator, not on the counter or outdoors.
- Preheat the coals on your grill for 20-30 minutes.
- If you are going to partially cook food in a microwave or oven, do so immediately before the food goes on the hot grill.
- Cook your food to the correct temperatures. Use a food thermometer. Place it in the thickest part of the meat and do not touch any bone, fat, or gristle. Make sure the heat is even throughout, by testing multiple spots.
- Proper cooking temperatures:
 - Beef, veal, and lamb steaks and roasts: 145°F for medium rare and 160°F for medium
 - Ground pork and ground beef: 160°F
 - Poultry: to at least 165°F
 - Fin fish: 145°F or until the flesh is opaque and separates easily with a fork.
 - Shrimp, lobster, and crabs: meat should be pearly and opaque.
 - Clams, oysters, and mussels: until the shells open
- Never place cooked meat on a plate that previously held raw meat.
- Grilled food can be kept hot until serving by moving it to the side of the grill rack, just away from the coals to avoid overcooking.
- Never let raw meat, poultry, eggs, cooked food, or cut fresh fruits and vegetables sit at room temperature for more than two hours before putting them in a refrigerator or freezer. If the temperature is greater than 90°F, you can only leave food out for one hour.

We all love a good barbeque, but we want to keep you all safe, so remember the tips provided and enjoy spending time outdoors with family and friends.

For more information visit: www.fightbac.org or contact the Wabaunsee County Extension Office: 785-765-3821 or email Bernadette Trieb, btrieb@ksu.edu.