

# ***BETter Living ...***

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## **Grill Season Is Here**

How many of you enjoy to grill or eat something that has come off the grill? The smell of a grill is very distinct and is a common smell in the air. It is very important to remember food safety while grilling. If you are home, having access to cleaning options is a little easier than if you are away from home.

Here are the tips to remember when grilling:

- **Keep Everything Clean:** Having a clean water source is important for handwashing and utensil cleaning. If it is not available, then pack clean cloths and moist towelettes to clean hands and surfaces.
- **Separate Raw & Cooked Foods:** Use different platters or plates for raw and cooked food. Bacteria in raw meat can contaminate the ready to eat food.
- **Cook Thoroughly:** Food must be cooked thoroughly to kill harmful bacteria. All ground beef, pork, and lamb needs to reach an internal temperature of 160°F, chicken needs to reach 165°F. Use a food thermometer to check the temperature.
- **Keep Cold Food Cold:** Only take food out that will go directly on the grill. Leave all other food items in the refrigerator or cooler. If at all possible, keep a cooler out of the direct sunlight. Have a separate cooler one for food and the other for drinks.
- **Keep Hot Food Hot:** Keep hot food on a warming tray, in a slow cooker, or oven until served.
- **Leftovers & Reheating:** Food may only set out for a max of 2 hours. If the temperature is above 90°F, food may only set out for 1 hour. If food is out longer, throw it out. Place leftovers in shallow containers in a cooler or refrigerator. Make sure leftovers are heated to an internal temperature of 165°F.

Food safety should always be a priority, whether you are in a kitchen or out in the environment. Making sure surfaces are clean is a must. Remember the saying “if in doubt throw it out,” when thinking about leftovers. Hopefully, the next time you grill, you will remember some of these tips.

For more information, visit: [fsis.usda.gov](http://fsis.usda.gov), [fightbac.org](http://fightbac.org), call 785-765-3821 or email: [btrieb@ksu.edu](mailto:btrieb@ksu.edu).