



# FOOD SAFETY TIPS FOR SUMMER GRILLING



**Clean Your Grill.** Scrub the grill clean before use. No access to a faucet? Carry bottled water, soap, and paper towels.

**Defrost Safely.** Thaw frozen beef, poultry or fish safely in the refrigerator, cold water or a microwave oven. Cook immediately after thawing.

**Avoid Cross Contamination.** Separate raw meat and vegetables by using different cutting boards.

**Check Internal Temperatures.** Cook food to a safe minimum internal temperature by using a food thermometer:

- Whole cuts of meat: 145 F with three-minute rest time
- Fish 145 F
- Ground meats: 160 F
- Egg dishes: 160 F
- Poultry (ground or whole): 165 F

**Thoroughly Cook Frozen Meat.** Although frozen products may appear to be pre-cooked or browned, treat them as raw food and cook thoroughly. Products labeled as “Cook and Serve,” “Ready to Cook” and “Oven Ready” must be cooked.

**Use Food Thermometers Correctly on Burgers.** Insert the thermometer through the side of patty until the probe reaches the center.

**Beware of the Danger Zone.** Bacteria multiply rapidly between 40 F and 140 F a.k.a. the Danger Zone. USDA recommends that perishable food be consumed or refrigerated within two hours (one hour in room or outdoor temperatures of 90 F and above).

**Store Leftovers Properly.** Divide leftovers into smaller portions and place them in shallow containers in your refrigerator or cooler.

**Keep It Cool.** Pack coolers with ice bags, gel packs, or frozen water bottles. Use an appliance thermometer to monitor that food stays chilled at 40 F or below.

**When In Doubt Call.** For more questions about food safety contact the USDA’s Meat and Poultry Hotline at 1-888-674-6854 to talk to an expert or chat live at [ask.usda.gov](http://ask.usda.gov) from 10 a.m. to 6 p.m. Eastern Time, Monday through Friday



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