

be food safe.

A true “Grill Master” knows

It is important to *Be Food Safe* to ensure an enjoyable cookout for all. Always remember to:

- Wash your hands with warm water and soap for 20 seconds before and after handling food.
- Marinate foods in the refrigerator, not on the counter. Sauce used to marinate raw meat, poultry or seafood should not be used on cooked foods unless it is boiled before applying.



- If using charcoal, heat coals on your grill for 20-30 minutes, or until the coals are lightly coated with ash before putting on food.
- If you partially cook food in the microwave or oven to reduce grilling time, do so immediately before food goes on the hot grill.
- When it's time to grill meat or poultry, cook it to a safe internal temperature as measured by a food thermometer. You can't tell food is cooked safely by how it looks!
- Always use a clean plate and clean utensils. Cooked food should not be placed on the same plate that previously held raw foods including meat, poultry, seafood or eggs.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90 °F).



Safe Minimum Internal Temps

160 °F	ground beef
165 °F	poultry, including ground poultry
145 °F	beef, veal, lamb, steaks and roasts

For more food safety tips
befoodsafe.org