



## Plan Safety into Your Summer Grilling

Hawaii's climate is ideal for year-round grilling at picnics, barbecues, and camping trips. No matter what's on the menu, foods taste good when it's grilled and eaten outdoors. Unfortunately, our warm temperature and humidity is ideal for bacteria in foods to grow and cause foodborne illness. By managing sanitation and temperature of perishable foods like meat, poultry and seafood, you can avoid getting sick from mishandled foods.



**Keep cold foods cold** from the time of purchase, during transport, and during preparation to minimize bacterial growth.

- Buy cold foods like meat, poultry and seafood last. If it takes more than 30 minutes to reach home from the store, especially with hotter summer temperatures use a cooler with ice or ice packs. When you get home, refrigerate or freeze cold foods promptly.
- Completely defrosted meat, poultry or seafood will grill more evenly. Thaw frozen foods in the bottom shelf of the refrigerator. Sealed packages can be thawed in cold water, just be sure to replace the cold water every 30 minutes. If you are microwave thawing, grill your foods **immediately**.
- Marinades tenderize and add flavor to your meat, poultry or seafood. Marinate foods in the refrigerator or cooler, not at room temperature. Keep a separate portion of marinade for basting or to use as a sauce on cooked food. Discard marinade used on raw meat, poultry or seafood.
- If you are grilling away from home, pack your cold foods from the refrigerator into an insulated cooler just before leaving home. Use enough ice or ice packs to keep foods **40°F** or below. To minimize loss of cold air from opening the cooler often, have a separate cooler for drinks. At the picnic or campsite, place the cooler in a shady area, out of direct sunlight.
- Keep meat, poultry and seafood chilled until ready to use.





**Keep it clean.** Hands, surfaces and utensils should be clean when preparing, serving, and storing food.

- Be sure to wash hands before you handling any food. Wet hands, add soap and scrub for 20 seconds. Rinse with clean water and dry with a disposable paper towel.
- Wash hands, food surfaces (like cutting boards), and utensils before and after each use, especially after contact with *raw* meat, poultry or seafood.
- If you are grilling away from home, be prepared with supplies for preparing and cleaning surfaces and hands. Bring water, liquid soap, a dish pan, disposable paper towels, wet hand wipes, waterless sanitizer, and disposable plates, utensils and containers.



**Separate.** Keep raw foods separate from cooked or ready-to-eat foods to prevent cross-contamination.

- Store meats in tightly sealed plastic containers or disposable plastic bags. Have a cooler for raw meats, poultry and seafood and a separate cooler for other perishable foods like macaroni salad, fruits, vegetables and eggs.
- Use separate platters and utensils (like tongs) for raw and cooked foods.

**Cook thoroughly** to destroy harmful bacteria. **Keep hot foods hot** to minimize growth of bacteria that can make you sick.

- Partially cooking foods with a range, oven, or microwave can reduce grilling time and charring. However, it's important to grill **immediately** and complete the cooking process promptly to prevent growth of bacteria. Another option is to cook the food thoroughly, chill it, and then reheat the food on the grill to give it the barbecue flavor.
- Grilled meat, poultry, and seafood can brown quickly on the outside. Use a food thermometer to be sure you cook to safe internal temperatures. Reheat fully cooked meats like hotdogs to 165°F or until steaming hot.

#### Cooking Temperatures

All poultry, hot dogs, reheating	165°F
Ground beef, pork, veal & lamb; pork chops, ribs & roasts	160°F
Beef, lamb and veal steaks & roasts, medium rare	145°F

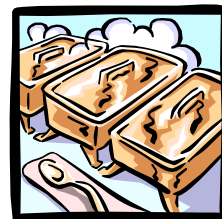


## Cooperative Extension Service

College of Tropical Agriculture and Human Resources  
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- Keep cooked foods hot (140°F or warmer) until served. Outdoors, cooked foods can be set on the side of the grill rack, out of direct heat of coals. At home, cooked foods can be kept hot in a warm oven (200°F), in a chafing dish or in a warming tray.



### **When in doubt, throw it out!**

- Food should not be left at room temperature for more than 2 hours. In hot weather (90°F or above), food should not be out more than 1 hour.
- Refrigerate leftovers promptly in shallow containers.

Use these tips to keep your grilling a safe and fun.

Visit our Nutrition Education for Wellness site: <http://www.ctahr.hawaii.edu/NEW>