

Potty Pointers

Barbecue and Food Safety Part 1

Use these simple guidelines for grilling food safely:

From the Store: Home First

When shopping, buy cold food like meat and poultry last, right before checkout. Separate raw meat and poultry from other food in your shopping cart. Plan to drive directly home from the grocery store. Once home, place meat and poultry in the refrigerator immediately.

Thaw Safely

Completely thaw meat and poultry before grilling so it cooks more evenly. Use the refrigerator for slow, safe thawing or thaw sealed packages in cold water. You can microwave-defrost if the food will be placed immediately on the grill.



Marinate Safely

Marinate food in the refrigerator, not on the counter. If some of the marinade is to be used as a sauce on the cooked food, reserve a portion of the marinade before putting raw meat and poultry in it.

Keep Cold Food Cold

Keep meat and poultry refrigerated until ready to use. When using a cooler, keep it out of the direct sun by placing it in the shade or shelter. Avoid opening the lid too often, which lets cold air out and warm air in. Pack beverages in one cooler and perishables in a separate cooler.

Keep Everything Clean

Have plenty of clean utensils and platters. To prevent foodborne illness, don't use the same platter and utensils for raw and cooked meat and poultry. Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food. If you're eating away from home, find out if there's a source of clean water. If not, bring water for preparation and cleaning. Or pack clean cloths, and wet towelettes for cleaning surfaces and hands.

Source: www.fsis.usda.gov