

# BIG ON SAFETY

Here are some tips to keep your barbecue fun and safe.

## Let's Get Set

**W**ash your hands with hot, soapy water for at least 20 seconds before and after preparing foods and after using the bathroom, changing diapers or touching pets.

Thaw food in the refrigerator or microwave, never on the countertop or in the sink. Marinate food in the refrigerator, too. If you use a microwave to thaw food, finish cooking immediately.

Keep raw meat, poultry and fish juices away from other foods during preparation. Wash your hands, utensils and countertops with hot, soapy water after contact with raw meat.

Use separate cutting boards for raw meat and for vegetables. If you use just one cutting board, wash it, the counter and your hands with hot, soapy water after cutting one ingredient and before cutting another.



## More Safety Tips for Temporary Events

**Transportation.** If transporting food from one location to another, keep food covered. Keep hot food hot (above 140° F) and cold food cold (below 40° F).

**Hand washing.** If no other facilities are available for workers to frequently wash their hands, use a large, insulated urn of hot, soapy water, a roll of paper towels and a garbage can for paper waste.

**Health and hygiene.** Only healthy individuals should prepare and serve food. Workers should wear clean outer garments and aprons. No cigarette or cigar smoking should be allowed in the food preparation or serving area.

**Food handling.** Avoid contact between raw and cooked food. Serve cooked food on a clean plate and use clean utensils. Never use the same unwashed plate that you used to thaw the meat, poultry or fish to serve that food. Use separate utensils for each dish. Use disposable gloves, tongs, napkins and plates to handle food. Gloves should be changed often and between handling raw and cooked food. Food handlers should not handle money and money handlers should not handle food.

**Dish washing.** Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never re-use disposable ware. Use a four-step sanitizing process to clean dishes and utensils: washing in hot, soapy water; rinsing in hot water, chemical sanitizing (1 capful bleach to 2 gallons water); and air drying.

**Ice.** Ice used to cool cans and bottles should not be used in beverage cups. Use a scoop to dispense beverage ice.

**Wiping cloths.** Rinse and store your wiping cloths in a bucket of sanitizing solution (one capful of household bleach in two gallons of water). Change the solution every two hours.

**Insect control, garbage.** Keep food covered to protect it from insects. Store pesticides away from food and apply as directed. Place garbage and paper wastes in a container with a tight fitting lid. Dispose of wastewater in a sewer or bathroom drain.

For more information about food safety:



National Pork Board  
(515) 223-2600 or  
[www.otherwhitemeat.com](http://www.otherwhitemeat.com)

USDA Meat and Poultry Hotline  
800-535-4555

International Association of Milk,  
Food & Environmental Sanitarians  
800-369-6337

FDA Seafood Hotline  
800-332-4010

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# BIG ON BARBECUE

The days between Memorial Day and Labor Day are perfect for one of the season's most favorite pastimes-- barbecue!

## Let's Get Ready

**T**he cold and frozen food sections should be your last stops in the store. If you are selecting meat, poultry or fish, slip them into another plastic bag to avoid dripping on other foods in the grocery cart.



When you are shopping, select meat before the "use-by" date on the package.

Make the grocery store your last stop before heading home. Take your groceries home and refrigerate or freeze the perishable foods right away.



Put cold meat, poultry or fish in a plastic bag or on a plate before it goes into the refrigerator so it won't drip on other foods.

Freeze meat, poultry or fish right away if you won't use it within one or two days. Refrigerated ground meat should be used in 1 to 2 days, and meat, poultry, fish and deli meat should be used in 3 to 4 days.

## Let's Go

**P**ack food in a cooler with freezer packs or frozen containers of ice. If you can, use separate coolers for beverages and for perishable foods.

Carry the cooler inside an air-conditioned vehicle, not in the trunk. Keep it in the shade when you get there.

Wrap meat, poultry or fish in plastic and place in sealed bags or covered storage containers to avoid meat juices dripping on other foods.



Do not partially cook foods to grill later. Once you start cooking meat, poultry or fish, cook it until it is done.



## Let's Grill

**D**o not taste meat or poultry when it is raw or before it is fully cooked.

Use a meat thermometer to take the guesswork out of cooking meat or poultry. Place the thermometer in the thickest portion of the meat, not touching bone, fat or the grill and cook to these internal temperatures:

<b>Pork</b>	
chops, roasts, ground	160° F
<b>Beef, veal, lamb</b>	
roasts & steaks	
( <i>med. rare to well-done</i> )	145°-170° F
ground	160° F
<b>Poultry</b>	
Whole	180° F
Ground	165° F

When grilling meat, baste the sauce on cooked surfaces only so you don't contaminate the sauces with bacteria from raw meat surfaces. Meat marinades can be boiled for two minutes and then used safely as a sauce on cooked meat, but then discard any remaining marinade.



## Let's Eat

**W**ash hands with hot, soapy water before serving or eating food. Bring hot, soapy water in a thermos if there are no hand-washing facilities.

Serve cooked food on a clean plate and use clean utensils. Never use the same plate that you used to thaw the meat, poultry or fish to serve that food. Use separate utensils for each dish.

Keep hot foods hot--hold hot food above 140° F before serving.

Do not leave cooked food out at room temperature for more than two hours. If it is a very warm environment--above 90° F --do not leave cooked food out for more than one hour.



## Safety Tips for Temporary Events

**Permits.** Check with your local government agency about permits and code requirements. Be prepared to provide information about where the event will be held, what will be served, where the food will be prepared, to whom it will be served, and precautions to avoid contamination.

**Booth.** The ideal booth has an overhead covering and is enclosed except for the serving window. Only food workers should be allowed inside the preparation area.

**Menu.** Keep the menu simple. Avoid using pre-cooked or leftover foods. Use food from approved sources.

**Cooking.** Use a food thermometer to check on cooking and holding temperatures. Clean the thermometer after each insertion with an alcohol wipe or paper towel and sanitizer.

**Re-heating.** Re-heat foods to above 165° F quickly. Do not reheat food in slow cooking appliances.

**Cooling and cold storage.** Cool foods quickly in an ice bath, stirring frequently. Refrigerate within two hours after cooking; refrigerate within one hour if the outside temperature is above 90° F.

