

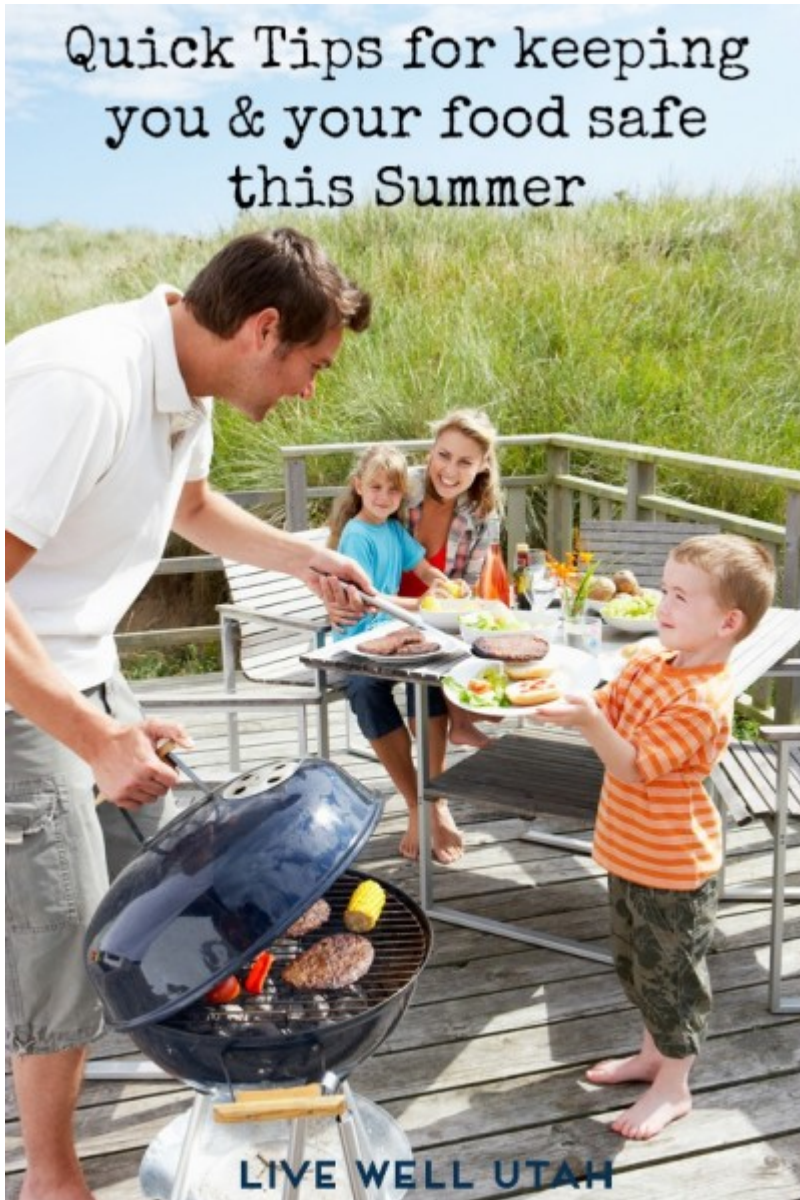
Grill it Safe

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Grilling season is here! I like the charcoal grill okay, but it takes a long time for the coals to heat up, so I don't use it very often. But I received a propane grill as a gift, and that seems to be the answer for me, so now I'm ready to start grilling! If you are ready like me, you may want to check out the factsheet I found on barbecuing and food safety. It has some great tips about marinating, precooking foods to reduce grilling time, final cooking temperatures for different meats and how to keep foods hot until you are ready to serve them.

There are 15 topic areas with all the information you'll need for each. If you are looking for some similar tips at a glance, check out our recently shared "How to Keep You and Your Food Safe this Summer" post.



There is also a postcard you can print out that provides a quick refresher. Happy grilling!



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WHEN COOKING OUTDOORS
FOLLOW FOOD SAFETY STEPS BEFORE THE GOOD EATING CAN BEGIN



Wash hands with soap and water. People can make others sick if they fail to wash hands before handling food.



Use a clean cutting board or plate when taking cooked food off the grill. Discard marinades that have come in contact with raw meat.



Cook food to a safe temperature to kill those nasty bugs (bacteria) that could be present. Use a food thermometer to be sure.



Chill food promptly! Avoid the "Danger Zone". Bacteria can grow rapidly between 40 and 140 °F.

165°F
Poultry & Ground Poultry

160°F
Ground Meats & Hamburgers

145°F
Beef, Pork, Lamb, and Veal (Steaks, Roasts and Chops) and allow to rest at least 3 minutes before consuming

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Ann Henderson is an Extension Associate Professor for Utah State University in Box Elder County. She loves teaching and helping adults and youth find practical solutions to everyday problems related to financial management, nutrition and health, food safety, preservation and storage, and family relationships. She believes that when you strengthen families you strengthens communities.