

# Outdoor Cooking

Outdoor fun with family and friends is so important, so get the grill out and have a picnic. Warm weather events also present opportunities for foodborne bacteria to thrive so we all need to make sure and follow food safety rules so no one gets sick.

## Keep Your food safe.

Keep cold food cold. Place your cold food in a cooler from the store to your home and when you go on your picnic. Cold food should be stored at 40°F or below to prevent bacterial growth. A good way to pack your meat, poultry and seafood is to have it frozen when you pack it up for your trip.

Organize your coolers. You should put your beverages in a separate cooler than your perishable foods. That way your not opening the perishable foods cooler all the time to get a beverage.

Make sure to keep coolers closed as much as possible. This will help to keep the contents cold longer.

Don't cross-contaminate your food items. Make sure you keep your raw meat, poultry, and seafood securely wrapped so the juices do not run on other foods.

Make sure to clean your produce, by running tap water over them to clean before packing in your cooler.

When you are at your picnic site remember the first step is to begin with proper hand cleaning. If you don't have access to running water, use a jug, some soap and paper towels. Or you can use moist disposable towelettes for cleaning your hands also.

Be sure to keep all your utensils and serving dishes clean as well.

## Follow Safe Grilling Tips

We need to remember cooking indoors and outdoors still have guidelines to follow to ensure the food reaches the table safely.

Marinating your food safely—Never marinate on the counter or outdoors, always refrigerate the food. Never reuse your marinade.

If you would like to use some of the marinade for your food after it is cooked, save some of the marinade before putting it on the food.

If you partially cook your food before grilling, you need to grill it immediately.

When it's time to cook your food, you need to have a thermometer ready. Always use the thermometer to be sure that the food is safely cooked thoroughly. (See the Safe Cooking Temperature Chart below.)

Keep your food hot. Move the grilled food to the side of the grill rack, just away from the coals. This will keep it hot but prevents overcooking.

Never reuse your platters or utensils that you have had your raw meat, poultry, or seafood on because that would allow the raw food's juices to spread to the cooked food. Use a clean platter and utensils to serve your food.

Before your grill, make sure you clean the grill properly and make sure no bristles from the brush are left on the grill.

SAFE COOKING TEMPERATURES	
as measured with a food thermometer	
<b>GROUND MEAT &amp; MEAT MIXTURES</b>	Internal temperature
Beef, Pork, Veal, Lamb	160 °F
Turkey, Chicken	165 °F
<b>FRESH BEEF, PORK, VEAL &amp; LAMB</b>	145 °F
	with a 3 minute rest time
<b>POULTRY</b>	
Chicken & Turkey, Whole	165 °F
Poultry Parts	165 °F
Duck & Goose	165 °F
Stuffing (cooked alone or in bird)	165 °F
<b>HAM</b>	
Fresh (raw)	160 °F
Pre-cooked (to reheat)	140 °F
<b>EGGS &amp; EGG DISHES</b>	
Eggs	Cook until yolk & white are firm
Egg Dishes	160 °F
<b>SEAFOOD</b>	
Fin Fish	145 °F
	or flesh is opaque and separates easily with fork
Shrimp, Lobster & Crabs	Flesh pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking
Scallops	Milky white or opaque & firm
<b>LEFTOVERS &amp; CASSEROLES</b>	165 °F