

TEACHING TOOL DOWNLOAD

July

FOOD SAFETY TIPS FOR GRILLING AND GATHERINGS

July is National Grilling Month, and there are several healthy, fun and versatile ways to utilize sweetpotatoes on the grill during these warm months.

Grilling out can be a fun family-friendly activity but it is important to practice and utilize food safety and safe grilling tips.

Here are some of our top food safety tips:

Keep the Cooking Area Clean: Wash your hands before any food preparation, and use clean cooking and serving utensils. Wash off any countertops or areas that food touches after any preparation.

Separate Raw and Cooked Foods: Avoid using the same surfaces, cutting boards and platters for raw and cooked foods to prevent foodborne illness. Raw meat and poultry contain harmful bacteria that can contaminate cooked foods.

Cook Foods Thoroughly: Food Safety.gov has recommended internal temperatures for different foods and cuts of meat. It is recommended to cook food to a safe, minimum internal temperature to destroy harmful bacteria. You can use a food thermometer to ensure the food has reached a safe temperature.

Food	Type	Internal Temperature (°F)
Ground meat and meat mixtures	Beef, pork, veal, lamb	160
	Turkey, chicken	165
Fresh beef, veal, lamb	Steaks, roasts, chops Rest time: 3 minutes	145
Poultry	All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165
Pork and ham	Fresh pork, including fresh ham Rest time: 3 minutes	145
	Precooked ham (to reheat) Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F	165



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Eggs and egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
Leftovers and casseroles	Leftovers and casseroles	165
Seafood	Fish with fins	145 or cook until flesh is opaque and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

Keep Cold Food Cold and Hot Food Hot: For proper food safety measures, keep meat and poultry refrigerated until ready to use. If using a cooler, keep it out of direct sunlight. Pack perishables in a separate cooler than beverages.

After cooking meat and poultry, keep them hot (140 degrees) until served. You can do this by setting them on the side of the grill rack, rather than directly over the coals where they may overcook. Alternatively, keep them hot in an oven set to approximately 200 degrees in a chafing dish, slow cooker, or on a warming tray.

Properly Handle Leftovers and Reheating: If saving food as leftovers, refrigerate leftovers promptly in shallow containers. Discard any food left out more than 2 hours (1 hour if the temperature outside is above 90 degrees F). When reheating fully cooked meats, grill to 165 degrees.

Resources:

Public Affairs. "Safe Minimum Cooking Temperatures Charts." FoodSafety.gov, 21 Nov. 2019, www.foodsafety.gov/food-safety-charts/safe-minimum-cooking-temperature.

