



How to Grill Safely in the Summer Months

Keep it Clean-Keep everything that touches food clean.

- ♥ Wash your hands with hot soapy water for at least 20 seconds before preparing food.
- ♥ Keep raw meat from coming into contact with other foods during preparation. *Wash your hands and all utensils and surfaces with hot soapy water after contact with raw meat.*
- ♥ Never chop fresh vegetables or salad ingredients on a cutting board that was used for raw meat without properly cleaning it first. If possible, use a separate cutting board for the sole preparation of raw meat, poultry and fish.
- ♥ Carefully wash cutting boards and knives with hot soapy water and then sanitize with a solution of household bleach and water. Some cutting boards can be cleaned in the dishwasher.

Keep it Cold - Keep cold foods cold and hot foods hot.

- ♥ Make grocery shopping the last stop on your list of errands. Pick up meat and refrigerated items last during your shopping trip.
- ♥ Store properly wrapped meat in the meat compartment or the coldest part of your refrigerator. You may want to place meat in a plastic bag to prevent possible leakage.
- ♥ Thaw meat in the refrigerator or microwave (at reduced power setting). Do NOT thaw meat on the kitchen counter.
- ♥ Do not wait for leftovers to cool down. Store them in small, shallow, covered containers within two hours of cooking.

Keep the refrigerator setting at 35 F to 40 F and the freezer at) F or below. Use a refrigerator thermometer for accuracy.

Proper storage and refrigeration of both raw and cooked beef is important for quality and safety reasons. Follow these recommended storage guidelines:

Storage Chart

Type of Beef	Refrigerator (35°F to 40°F)	Freezer (0°F or colder)
Steaks and Roasts	3 to 4 days	6 - 12 months

Type of Beef	Refrigerator (35°F to 40°F)	Freezer (0°F or colder)
Ground Beef	1 to 2 days	3 - 4 months
Cooked Beef (leftovers)	3 to 4 days	2-3 months

Cook it Properly- Use an instant read thermometer to verify cooking temperatures.

Cooking foods properly eliminates certain bacteria that may be present in food, such as E. coli. Heat kills the E. coli bacteria. Follow these cooking guidelines to keep food safe:

- ♥ Ground Beef – Cook to 160° F internal temperature. Cook ground beef until there is no pink and the juices run clear.
- ♥ Steaks and roasts
 - 145° F internal temperature (medium rare)
 - 160° F internal temperature (medium)
 - 170° F internal temperature (well done)
- ♥ Since bacteria may be found on the outside of steaks you will eliminate any bacteria that might be present by heating to these INTERNAL temperature. Ground beef, however, must be cooked more thoroughly.
- ♥ Reheat carryout meals and leftovers to a minimum internal temperature of 165° F and stir to cook evenly.
- ♥ When basting grilled meats, brush sauce on cooked surfaces, rather than on raw meat. Be careful not to contaminate fully cooked meats by reusing leftover marinade or adding sauce with a brush previously used on raw meats. Bring marinades to a rolling boil for one minute for safe use on cooked meats.
- ♥ Stir, rotate and cover foods when microwaving to ensure even cooking. Check temperature with an instant read thermometer in at least three spots, and follow recommended standing times outside the microwave so food completes cooking.

For more information go the www.txtbeef.org or www.fightbac.org