

Grill Up food safety this summer!

People get sick from meals made at outdoor family functions, like barbeques and picnics more often than you think. Unfortunately, when the outdoor temperature rises, so too does the incidence of food-borne illness. Follow the simple food safety steps of clean, separate, cook and chill to minimize the risk of food-borne illness when serving food at your next barbeque.

Clean: wash hands and surfaces often; wash fruits and vegetables thoroughly

Bacteria can easily spread throughout food preparation areas. Frequent and proper cleaning can prevent that from happening.

- Always wash your hands with warm water and soap before and after handling food
- Wash and sanitize your preparation area including counter tops, utensils and any other items that come in contact with food
- Use a mild bleach solution (e.g., 5 mL of household bleach per 1 litre of water) and rinse with clean water
- Wash all towels used in food preparation in the hot cycle of your washing machine
- Wash fresh fruits and vegetables thoroughly using cool running tap water

Separate: don't cross-contaminate

Cross-contamination is how harmful bacteria spread. Keep raw meat, poultry, seafood and their juices separate from food that is cooked or ready-to-eat.

- Keep packages of raw meat, poultry and seafood separate from other food at times of purchase, transport and storage
- Store raw meat, poultry and seafood on the lower shelves in the refrigerator to prevent their juices from dripping onto other food
- Use one cutting board for ready to eat foods and a separate one for raw meat (e.g., poultry, beef and seafood)
- Never reuse the marinade, used to marinate raw meat, to baste cooked food
- Place cooked food on a clean plate. Never reuse the same plate or cutting board that previously held raw food

Cook: cook food to a safe internal temperature

Improper cooking of food could mean that harmful bacteria survive and make you sick.

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria. (See "Safe Cooking Temperatures" chart on reverse side)

- Use a probe thermometer to check the internal temperature of cooked meat. This is the only way to tell if the food has reached the proper final cooking temperature. You can't tell if food is cooked safely by how it looks
- Hamburgers made of ground beef, pork or lamb should be cooked to an internal temperature of 71°C (160°F) or higher
- Burgers made of ground chicken or turkey and vegetable based burgers should be cooked to an internal temperature of 74°C (165°F) or higher
- Whole poultry should be cooked to an internal temperature of 85°C (185°F)
- Poultry pieces (breasts, thighs, legs, etc.) should be cooked to an internal temperature of 74°C (165°F)
- Wash and sanitize your thermometer after each use

Chill: refrigerate promptly, cool food quickly

Bacteria multiply fastest at the temperatures between 4°C (40°F) and 60°C (140°F), so chilling food properly is one of the most effective ways to reduce the risk of illness.

- Keep hot food at 60°C (140°F) or hotter, and keep cold food at 4°C (40°F) or colder
- Promptly refrigerate or freeze meat after purchase
- Never thaw meat at room temperature. Thaw meat in the refrigerator, under cold running water, or in the microwave. Food thawed in the microwave should be cooked immediately after being thawed
- Refrigerate leftover food as soon as possible and use within 48 hours
- Perishable food left out for more than two hours should be discarded

SAFE COOKING TEMPERATURES

Ground Meat and Mixtures	
Ground beef, pork, veal, lamb	71°C (160°F)
Ground turkey, chicken	74°C (165°F)
Fresh Beef, Veal, Lamb	
Beef, lamb and veal and steaks	Medium Rare 63°C (145°F)
	Medium 71°C (160°F)
	Well Done 77°C (170°F)
Poultry	
Chicken and Turkey, whole	85°C (185°F)
Poultry parts	74°C (165°F)
Duck and Goose	74°C (165°F)
Stuffing (cooked alone or in bird)	74°C (165°F)
Fresh Pork	
Medium	71°C (160°F)
Ham	
Fresh (raw)	71°C (160°F)
Pre-cooked (to reheat)	74°C (165°F)
Eggs and Egg Dishes	
Egg dishes and casseroles	74 °C (165 °F)
Seafood	
Fin fish	70°C (158°F)
Shrimp, Lobster and Crabs	74°C (165°F)
Clams, Oysters and Mussels	Shells open during cooking time
Leftovers and Casseroles	
All left over foods	74°C (165°F)

Symptoms of food-borne illness include nausea, vomiting, diarrhea, stomach cramps, headache and fever. People who think they are experiencing food-borne illness should seek medical attention.

For more information on food safety at home or any other public health related program, please contact
 York Region *Health Connection* at 1-800-361-5653/ TTY 1-866-252-9933.
 For more information on The Regional Municipality of York, please visit www.york.ca