



FOOD SAFETY TIPS FOR BBQ SEASON

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



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 this from happening
- Wash your hands with soap and warm water for 15 - 20 seconds before and after handling food
- Wash cutting boards, dishes, utensils and countertops with hot, soapy water after preparing each food item and before you go on to the next food
- Wash all towels used in food preparation in the hot cycle of your washing machine
- Wash fresh fruits and vegetables thoroughly under cool running water. If you use a vegetable brush, make sure that it is clean



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 during purchase, transport and storage
- Separate raw meat, poultry and seafood from other food in your shopping cart and grocery bags
- Store raw meat, poultry and seafood on the lowest shelves in your refrigerator to prevent their juices from dripping onto other food
- Wash cutting boards, dishes, utensils and countertops with hot, soapy water after preparing each food item and before you go on to the next food
- Never use marinade that has been used to marinate raw meat to baste cooked food. Marinades can be boiled for a minute to kill any bacteria
- 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)
- Use a probe food 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 cannot 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 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, legs, etc.) should be cooked to an internal temperature of 74°C (165°F)
- Wash your probe food thermometer with soap and hot water after each use
- If cooked food is not eaten immediately, it should be quickly chilled or held hot at 60°C (140°F) or higher until consumed



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
- Refrigerate or freeze all perishable food within two hours of purchase or preparation
- Perishable food left out for more than two hours should be discarded
- Keep the fridge at 4°C (40°F) or below. Use a thermometer inside your fridge to ensure the temperature is correct
- Thaw food in the refrigerator, under cold running water, or in the microwave. Food thawed in the microwave should be cooked immediately after being thawed
- Never thaw food at room temperature
- Keep hot food at 60°C (140°F) or hotter and keep cold food at 4°C (40°F) or colder
- Cool hot food properly by portioning it into shallow containers before storing it in the refrigerator or freezer
- Refrigerate leftover food as soon as possible and use within two to three days

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, contact **York Region Health Connection** at 1-800-361-5653 (TTY: 1-866-252-9933) or visit york.ca/foodsafety