



FOOD SAFETY TIPS FOR GRILLING

Ensure Items Are Cooked to a Safe INTERNAL Temperature!

What does this mean? Well, items cook from the outside -> inward. So even though they may appear cooked on the outside, it is important to use a cooking thermometer to check the center most part of the item to ensure it, too, has gotten to a food-safety temperature.

Cooking Temperatures

- Beef, Lamb, Pork, Veal (whole cuts) - **145F**
 - allow the meat to rest for 3 minutes before carving and eating
- Fish - **145F** or until the flesh is opaque and separates easily with a fork
- Hamburgers and other ground beef - **160F**
- Poultry and precooked meats (Ex. hotdogs) - **160F**
- Other notes:
 - When smoking, keep the inside of the smoker at 225-300F.
 - Veggies should be cooked until tender. Be mindful of contact that vegetables have with raw proteins as this may contaminate them.



How Long Should Food Be Left Out?

- After grilling, hot food should be kept hot!!
 - Maintain food temperatures of 140F or higher by using a slow cooker, hot plate, or chafing dish.
- On the flip side, cold food taken out to serve from the refrigerator, like salads and dips, should remain cold! Use a cooler, ice bath, or cooling tray to keep items cold, Check frequently with a thermometer.
- If food is set out on a platter, it should be for a limited time only to allow guests to serve themselves.
 - If the air temperature outside is 90F or cooler, do not let food sit out for more than 2 hours. After that, food must be refrigerated.
 - If the air temperature outside is 90F or hotter, do not let food sit out for longer than 1 hour. After that, food must be refrigerated.

Mind Your Tools!

Use separate tools for cooked and raw proteins—or wash between uses. Skipping this step can result in cross-contamination of potentially dangerous microbes that can cause food-borne illness.



How Should You Clean Your Grill?

- Avoid using metal bristle brushes to clean your grill. The bristles may fall off and get stuck to your food, leading to ingestion. **INSTEAD:**
- Clean your grill ahead of time with a sponge, soap, and water in the sink or large, clean bucket. I do this at the beginning of the season and as needed.
- Use tongs and half an onion half to carefully scrub and scrape hot grill grates (it also flavors the grill!) I do this throughout the season.
- Use a bristle-free option.



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