

GRILL SAFETY

Hey Prince George's County! Spring is coming and soon it will be grilling season! Here are 5 quick tips to help you make the most of your meals and avoid spreading and experiencing food-borne illnesses:

1. USE SEPARATE COOLERS FOR MEAT, FISH, AND PRODUCE.

- **CROSS CONTAMINATION IS A LEADING CAUSE OF FOOD-BORNE ILLNESS!**

2. USE A MEAT THERMOMETER! HERE ARE THE PROPER TEMPERATURES:

- **WHEN GRILLING:**
 - **145°F—WHOLE CUTS OF BEEF, PORK, LAMB, AND VEAL (THEN ALLOW THE MEAT TO REST FOR 3 MINUTES BEFORE CARVING OR EATING)**
 - **145°F—FISH**
 - **160°F—HAMBURGERS AND OTHER GROUND BEEF**
 - **165°F—ALL POULTRY AND PRE-COOKED MEATS, LIKE HOT DOGS**
- **AFTER GRILLING:**
 - **KEEP FOOD WARMED AT 135 DEGREES OR HIGHER UNTIL READY TO EAT! ALWAYS USE A CLEAN PLATE THAT HASN'T BEEN USED FOR RAW MEAT.**

3. EAT FOOD WITHIN 2 HOURS!

- **IT'S RECOMMENDED THAT WE REFRIGERATE COOKED FOOD WITHIN 2 HOURS. SINCE A REFRIGERATOR WOULD LIKELY BE UNAVAILABLE, IT'S ADVISABLE TO CONSUME THE FOOD WITHIN THAT TIME.**

4. WASH YOUR HANDS WITH SOAP FOR AT LEAST 20 SECONDS BEFORE AND AFTER HANDLING RAW MEAT PRODUCTS! YOU CAN USE A WATER FOUNTAIN, WATER COOLER, PUBLIC RESTROOM, OR WATER BOTTLE IF NECESSARY. SANITIZE YOUR HANDS AFTER WASHING FOR GOOD MEASURE.

5. STORE YOUR FOOD IN SEALED CONTAINERS! FLIES ARE TWICE AS GERM RIDDEN AS COCKROACHES, CARRYING CHOLERA, TYPHOID AND DYSENTERY. ONCE THEY TOUCH YOUR FOOD, IT IS BEST TO THROW IT AWAY. KEEP THE CONTAINERS CLOSED UNTIL YOU'RE READY TO PREPARE A PLATE.

HAPPY GRILLING SEASON!

SOURCES: [HEALTHGUIDANCE.ORG](https://www.healthguidance.org), [THE CDC](https://www.cdc.gov)

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