

Tips for a Safe Grilling Season

Presented by the Dietitians at Froedtert & Community Memorial Hospitals



Handle Food Safely

- Always wash your hands before & after handling food.
- Keep it clean; kitchen, plates, and utensils
- Use separate plates and utensils for raw and cooked foods.
- Pack food from the refrigerator into the cooler right before leaving home.

Monitor Marinades

- Marinate in the refrigerator, not on the counter.
- Poultry and cubed or stew meat can marinate up to 2 days. Beef, veal, pork, lamb roasts, chops, and steaks can marinate up to 5 days.
- If marinades are to be used as a sauce on cooked foods, set aside a separate portion before adding any raw meat or poultry.

**Marinating meats protects against chemical changes caused by grilling. This helps minimize cancer risk.

Thaw & Pre-Cook Practices

- Use the refrigerator for slow, safe thawing or thaw sealed packages in cold water.
- Microwave to defrost right before grilling.
- Precooking reduces grill time and cancer risk.
- Make sure that thawed/precooked food goes immediately on the preheated grill.



Grilled Foods Linked to Cancer Risk

Eating blackened or charred foods can increase your risk for cancer. This includes foods cooked by high-heat like grilling, frying, and broiling. Eating small amounts of grilled items — without charring — does not pose a problem. To prevent charring:

- ✓ Remove visible fat & excess juices before grilling. These can drip onto coals causing smoke and flare-ups.
- ✓ Precook meats to release extra juices and reduce grill time.
- ✓ Place food in the center of the grill moving coals to the side.
- ✓ Use marinades
- ✓ Place foods at least 6 inches away from heat source.
- ✓ Line grill with perforated aluminum foil
- ✓ Turn meat frequently. Flip burgers at least every minute.

Cook Thoroughly

- Fresh and frozen raw meat, poultry & fish must be cooked to specific temperatures to kill bacteria, parasites & viruses that may be in the product.
- Always use a meat thermometer to check temperatures.
- Color is not a reliable indicator of doneness.

Keep Hot Foods HOT, Cold Foods COLD

- Keep hot cooked foods at 140°F or warmer until served.
- Discard any food left out more than 2 hours (1 hour if temperatures are above 90 °F).
- Refrigerate any leftovers promptly.
- Keep meat / poultry refrigerated until ready to use (only remove what will be grilled immediately).
- Keep coolers out of the sun, avoid opening the lid often.
- Use an insulated cooler with plenty of ice to hold foods at 40 °F or below
- Pack beverages and perishables in separate coolers. Contributions from the USDA Food Safety and Inspection Service – Barbeque and Food Safety.

SAFE COOKING TEMPERATURE

Whole poultry	180°F
Chicken breasts	170°F
Ground turkey and poultry	165°F
Ground beef/hamburgers	160°F
All other meat and fish	160°F
Reheating on the grill	165°F