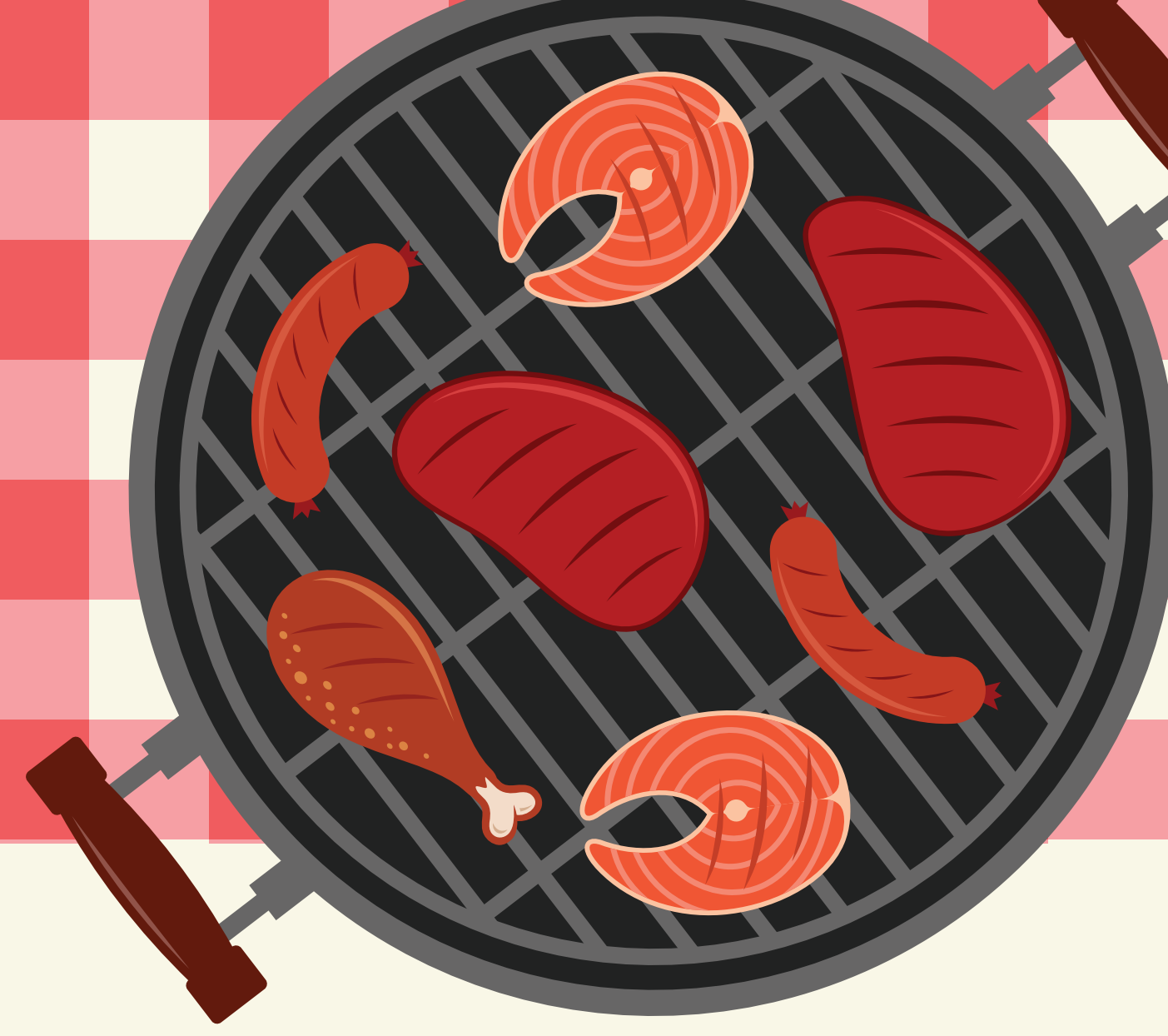


# Grill & Chill

UNLEASH FLAVOR SAFELY WITH OUTDOOR COOKING AND GRILLING!



## GET READY FOR EXCITING SUMMER ADVENTURES AS THE SUN SHINES BRIGHTER!

### *1. Make A Plan*

- How will you keep food hot or cold?
- How will you wash hands?
- Make sure you have a food thermometer on hand.

### *2. Purchase*

- Purchase ingredients that look fresh and are packaged neatly.
- If your store provides bags for meat and poultry, use them.
- Keep your raw meat and poultry away from other products.

### *3. Meat Storage*

- Store any raw meat and poultry in a container or on a plate to keep juices from dripping.
- Marinate your proteins in the fridge, and separate out any marinade or sauce you plan to serve alongside cooked meat before you marinate.
- Thaw meats in the refrigerator. If you are in a time crunch, you can run the food under cool water that is 70°F or less.

### *4. Wash*

- Wash your hands with soap for 20 seconds, scrubbing thoroughly. For the rest of your tools, like bowls and utensils, use warm soapy water and a clean towel.
- Wash your produce in clean water.
- Do not wash raw meat, which can splash germs onto your countertops. And when handling raw meat, use a separate set of utensils, bowls, plates and cutting boards.

### *5. Prepare*

- Prepare your food in the comfort of your own kitchen when possible.
- Gather your items and determine what special containers and utensils you need for what you are preparing.



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## 6. Transport

- If you are traveling to your cookout location, pack your cooler right before you hit the road with plenty of ice or frozen ice packs surrounding your food.
- On hot days, have your cooler ride in the air-conditioned cab of your vehicle and store it in the shade as much as possible.
- Keep your drinks and ice for drinks in a separate cooler from your food, since you'll want to open these more often, which can let cold air out.

## 7. Setup

- Designate areas for raw food that are separate from cooked food.
- As you set up your space, be sure to keep everything clean.
- Don't put containers or utensils on the ground or leave cold food out in the sun.

## 8. Cook

- Wash your hands with soap and water after handling raw meat and before touching any cooked or ready-to-eat foods.
- Despite what people may say about color and texture, the only way to know that your food is thoroughly cooked and safe to eat is to use a food thermometer.
- Cook all meats to the proper temperature. If the food hasn't reached the minimum internal cooking temperature, it isn't safe to eat yet – keep cooking until it gets there!

## 9. Serve

- Keep prepared food safe by monitoring its temperature. Minimize the amount of time that food is in the dangerous range of 40°F to 140°F, which is where harmful germs can multiply to unsafe levels.
- For hot foods – 140°F or above – use chafing dishes and canned fuel to maintain proper temperature. Putting a lid or foil over the dish can help keep it hot longer.
- For cold foods – 40°F or below – fill a bowl or pan larger than the serving dish with ice and a little cold water. Place the serving dish inside this ice bath, making sure the ice goes up the sides of the serving container to keep the food surrounded by the cold.

## 10. Leftovers

- Hot and cold foods should not be left out at room temperature longer than two hours, and when it hits 90°F, these foods shouldn't be out longer than one hour.
- No matter the time frame, if cold foods are no longer cold, they should go in the trash.
- Avoid wasting food by planning ahead and only buying and taking what you will need.

