



Barbeque Food Safety Tips

- Completely thaw meat and poultry before grilling. Never thaw on the kitchen counter! Thawing should be done in the bottom of the fridge or under cold running water.
- When preparing raw meat, poultry or seafood, keep them separate from foods that are ready-to-eat such as vegetables and fruits.
- Clean and sanitize the grill surface before cooking.
- If you are using sauce from a bottle, pour it into a container before you use it. Cross contamination may occur if the opening of the bottle touches the raw meat.
- If you are using marinade, make two batches, one for marinating the raw meat, and the other for basting the meat when it has cooked.
- Use a probe thermometer to ensure the meat has reached the proper internal temperature. [Click here](#) for a temperature chart.
- Use separate, clean utensils for handling raw and cooked products.
- Serve cooked food immediately or keep it hot (at or over 60°C) until you are ready to serve it.
- Leftovers should be cooled quickly and put into the refrigerator. Food that has been left out for more than two hours (one hour in hot weather) should be discarded.



Picnic Cooler Food Safety Tips

- Put all perishable food in a cooler that keeps food cold (at or below 4°C)
- Freezer packs* are the safest way to keep coolers cool. Loose ice in a cooler can melt, drip, and possibly transfer contaminants from one food to another. If you must use loose ice, store all foods in separate, well-sealed containers to prevent cross-contamination.
- A full cooler will maintain its temperature longer than a partially filled one.
- Refrigerate or freeze food the day before you pack it into your cooler. That way, it's already cold before it is packed and will maintain its temperature longer.
- Pack food into the cooler in the opposite order of when you will use them—pack the food you will use last at the bottom of the cooler.
- Wash all fruits and vegetables before you pack them.
- If possible, pack raw meats in a separate cooler. If you are using only one cooler, pack raw meats in well-sealed containers at the bottom of the cooler to prevent raw juices from dripping onto other foods.
- Keep your cooler in the coolest part of your car when travelling and in the shade when you reach your destination.
- Keep the cooler lid closed as much as possible. You might want to keep drinks in a separate cooler, as it will likely be opened more often.
- Clean and sanitize the cooler after each use!

* You can make your own freezer packs by filling clean plastic bottles with water (leave room for expansion) and freezing them. You can also freeze your beverages like juice boxes and plastic bottles of iced tea or coffee—they can serve as ice packs, and will be nice and cold when you're ready to drink them!