Safe Summer Barbeques

If your favorite barbeque includes hamburgers, chicken, or sausage, you may be at risk of getting sick.

On a hot summer day, bacteria grows quickly on meats that are not handled safely.

Follow these easy tips for an enjoyable and safe summer barbeque.

Visit Fight BAC! at http://www.fightbac.org for more information about keeping foods safe to eat.

1. Plan ahead! Traveling away from home? Don’t forget soap, water, ice, and a meat thermometer!

2. Use 2 coolers. Pack raw meat separately from cooked foods, snacks, or fruits and vegetables.

3. Handle raw meats with their own set of utensils. Bring extra forks, knives and plates so you don’t contaminate foods already cooked.

4. Keep cold foods cold, and hot foods hot! Keep raw meats in the cooler at all times. After grilling, keep meat hot on the grill until eaten.

5. Use a meat thermometer. Cook meats to the proper temperature to be sure they are done.

6. Don’t leave food out, especially in the sun! Food left out for even 1 hour on a hot day can become unsafe to eat. Be sure to put food away as soon as everyone has eaten.

7. Wash your hands before handling food. Hand sanitizer can be used if soap and water are not accessible.

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More Health Tips? visit http://nyc.cce.cornell.edu