

BBQ FOOD SAFETY TIPS

- Wash hands before, during and after handling any food, especially raw meat and poultry.
- Pre-heat the barbecue before starting to cook and thoroughly clean the grill using a wire brush.
- Keep raw foods away from cooked foods and do not use the same plate or tray for uncooked and cooked meats.
- Keep meats, salads and perishable foods in the refrigerator until you are ready to use them.
- Wash all cooking and eating surfaces and utensils with warm water and soap; then sanitize using a mild bleach and water solution.



See reverse side for cooking temperatures and tips.



When barbecuing use a thermometer to ensure that all meat and poultry reach the following safe internal cooking temperatures, which should be maintained for a minimum of 15 seconds:

Poultry	Pork	Fish	Mixtures
Whole 82°C	Pork 71°C	Fish 70°C	Mixture containing poultry, egg, meat, fish or another hazardous food 74°C
Parts 74°C	Pork Products 71°C		
Ground or ground meat that contains poultry 74°C	Ground meat, other than meat that contains poultry 71°C		

Burgers should be cooked until they are grey-brown in colour and the juices run clear.

Chicken should be cooked until it is no longer pink and the juices run clear.

Steaks can be cooked rare, but be sure that the outside is seared.

For further information please contact the
Thunder Bay District Health Unit
at **625-5926**.



Thunder Bay District
Health Unit
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