

## COOKING TEMPERATURES

PRODUCT	Temp (C)	Temp (F)
<b>POULTRY</b>		
Whole (chicken or turkey)	82	180
Breasts	74	165
Thighs & Wings	Cook until juices run clear	
Stuffing (cooked alone or in bird)	74	165
Duck, Goose, Pheasant	82	180
<b>GROUND MEAT &amp; MEAT MIXTURES</b>		
Turkey, Chicken	74	165
Veal, Beef, Lamb & Pork	71	160
<b>HAM</b>		
Fresh (raw)	71	160
Precooked (to reheat)	60	140
<b>SEAFOOD</b>		
Fish, Shellfish & other Seafood	70	158
<b>STEAKS and ROASTS</b>		
Beef, Veal, Lamb & Goat	60-74	140-165
Pork	71	160

### OTHER RESOURCES

- Ontario Ministry of Health and Long Term Care [www.health.gov.on.ca](http://www.health.gov.on.ca)
- Canadian Food Inspection Agency [www.inspection.gc.ca](http://www.inspection.gc.ca)
- Consumer Food Safety Education [www.canfightbac.org](http://www.canfightbac.org)



## PREVENTING FOODBORNE ILLNESS

# Barbecue Food Safety Tips

Cooking outdoors is a much-loved summer activity shared with family and friends - but careful handling of food is essential to reducing harmful bacteria that can multiply and cause foodborne illness. Play it "food safe" this summer and all year long.

### GET OFF TO A CLEAN START!

- **HANDWASHING** is one of the best ways to prevent foodborne illness. Do it often and do it long (at least 15-20 seconds) in warm soapy water. Wash **before**, **after** and **between** handling different foods - and especially after visiting the washroom.
- **WASH and SANITIZE** everything that touches food: plates, cutlery, pans, utensils, coolers and food preparation surfaces. Washing carries away grease, debris and food particles. Sanitizing kills bacteria that cause foodborne illness.
- **HOW TO SANITIZE:** Wash dishes and utensils well in hot, soapy water. Rinse well. Then soak them in a **sanitizing solution** of 10 mL (2 tsp) of liquid household chlorine bleach mixed with 1L (4 cups) of water for 45 seconds. Spray the solution on counters and cutting boards and let stand for at least 1 minute. Let all articles air dry (or use disposable towels).



*Northwestern  
Health Unit*  
[www.nwhu.on.ca](http://www.nwhu.on.ca)  
1-800-830-5978

### PLAY IT FOOD-SAFE

Washing raw meat is not recommended as it may lead to cross-contamination of nearby surfaces and food.

## CHILL OUT BY THE BARBECUE!

---

- Bacteria can grow quickly at room temperature, so keep thawed meats and perishable food in the fridge or cooler until you are ready to cook.
- Thaw meat in the refrigerator - NEVER on the counter. Thaw sealed packages in cold water or defrost in the microwave if grilling immediately after. Thaw meat completely before grilling.
- Ensure refrigerators and coolers maintain a temperature of 4°C or lower.
- Freezers must be -18°C or lower.

### THE DANGER ZONE (4°C - 60°C)

Keep perishable food out of The Danger Zone.  
Food left in The Danger Zone for more than 2 hours  
MUST BE THROWN OUT.

## SEPARATE RAW AND COOKED FOODS!

---

- Raw food can cross-contaminate ready-to-eat food and cause foodborne illness. Keep raw and cooked foods separate and covered.
- Don't cut vegetables or other ready-to-eat foods on the same cutting board as raw meat without thoroughly cleaning and sanitizing the knife and cutting board first.
- Meat that is thawing in the refrigerator should be placed on a lower shelf below ready-to-eat food so there is no danger of cross-contamination from dripping juices.

### DON'T CROSS-CONTAMINATE

Put cooked foods on a clean plate.  
Never put cooked burgers back on the same plate that held the raw patties.

## MARINATE SAFELY!

---

- Marinate meat in the refrigerator - NEVER on the counter.
- Reserve a portion of the UN-USED marinade in the refrigerator if you wish to enhance the flavour of the cooked meat. Do not use the leftover sauce, that marinated the raw meat, on cooked meat.

## COOK IT RIGHT!

---

Food must be cooked to 74°C or a safe minimum internal temperature to destroy harmful bacteria that can cause foodborne illness. (See: Cooking Temperatures.)

- Clean the grill thoroughly using a wire brush.
- Preheat the barbecue on high before cooking to kill any bacteria lingering on the grill. Then reduce heat to the desired setting.
- Raise the height of the grill if food starts to burn.
- Use a probe thermometer to ensure food reaches a safe minimum internal temperature. Clean and sanitize the thermometer between uses.
- Purchasing precooked burgers can add an extra measure of safety, but you must still grill them to an internal temperature of 74°C.
- Never partially cook your own meats and finish cooking later.

## SERVE IT UP!

---

- Serve food immediately after grilling, OR
- Keep hot food hot at 60°C or hotter in a slow cooker, in the oven or on the side of the grill rack until ready to be served. This will prevent the growth of bacteria and reduce the chance of foodborne illness.
- Keep meats, salads and perishable foods in the refrigerator or cooler until you are ready to cook or serve.
- Serve small batches at a time, and don't let food sit out after serving.
- Keep serving bowls covered.

## TAKE CARE WITH LEFTOVERS!

---

- Discard food left out for more than 2 hours or 1 hour in hot weather.
- Refrigerate leftovers promptly in shallow covered containers.
- Eat properly handled leftovers within 2-3 days.

### REHEAT TO 74° C

Reheat fully cooked meats and other precooked, perishable foods to an internal temperature of 74°C and serve promptly.