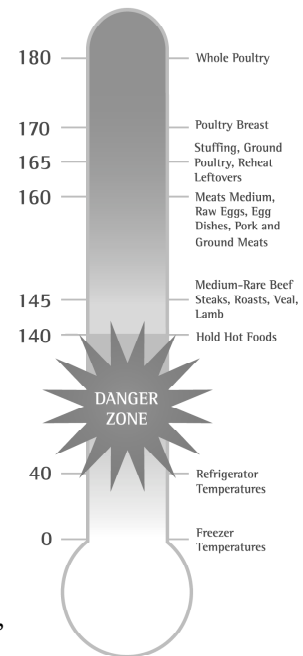# A true "Grill Master" always knows
## to Clean, Separate, Cook and Chill to ensure
## a pleasant cookout for all. As Grill Master remember to:

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food.

- Always marinate foods in the refrigerator, not on the counter or outdoors. Don't use sauce that was used to marinate raw meat or poultry on cooked food. Boil used marinade before applying to cooked food.

- When grilling foods, preheat the coals on your grill for 20 or 30 minutes, or until the coals are lightly coated with ash.

- If you partially cook food in the microwave, oven or stove to reduce grilling time, do so immediately before the food goes on the hot grill.

- When it's time to cook the food, cook it to a safe internal temperature. Use a food thermometer to be sure.

  - Beef, veal and lamb steaks and roasts: 145°F for medium rare, 160°F for medium, and 170°F for well done.
  - Ground pork and ground beef: 160°F.
  - Poultry: to at least 165°F.
  - Fin fish: 145°F or until the flesh is opaque and separates easily with a fork.
  - Shrimp, lobster and crabs: The meat should be pearly and opaque.
  - Clams, oysters and mussels: Until the shells are open.

- Never place cooked food on a plate that previously held raw foods including meat, poultry, seafood or eggs. Be sure to have on hand plenty of clean utensils and platters.

- Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals where it can overcook.

- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F).

Thermometer readings:
- 180 — Whole Poultry
- 170 — Poultry Breast
- 165 — Stuffing, Ground Poultry, Reheat Leftovers
- 160 — Meats Medium, Raw Eggs, Egg Dishes, Pork and Ground Meats
- 145 — Medium-Rare Beef Steaks, Roasts, Veal, Lamb
- 140 — Hold Hot Foods
- DANGER ZONE
- 40 — Refrigerator Temperatures
- 0 — Freezer Temperatures

## Resources

If you have more questions or concerns about food safety, contact:

- The U.S. Department of Agriculture (USDA) Meat and Poultry Hotline at 888-MPHotline (888-674-6854). The TTY number for the hearing impaired is 800-256-7072. Or visit www.fsis.usda.gov.

- www.fightbac.org