

SUNDAY MORNING Health Corner

Don't Invite Bacteria to Your Cookout!

Check out these food safety tips for Labor Day (and everyday!)

- Keep pasta and potato salads cold until serving. Mayonnaise is not the potential problem. The other ingredients, (potatoes, eggs, tuna,) produce harmful bacteria faster.
- Marinate meat in the refrigerator, not on the counter. Don't use the uncooked sauce that was used to marinate raw meat on cooked food.
- Use the refrigerator for slow, safe thawing or thaw sealed packages in cold water. You can use the microwave, oven, or stove to thaw or partially cook the meat **if** it then goes immediately on the grill.
- Use a food thermometer
 - **Ground meats:** 155 degrees or higher
 - **Poultry:** 165 degrees or higher
 - **Steak/pork chops:** 145 degrees or higher
 - **Fish/seafood:** 135 degrees or higher



TRIM THE FAT



KEEP THE LID OPEN



AVOID WIND



MOVE YOUR FOOD



BURN THE GREASE AWAY



DON'T USE WATER



TURN OFF THE
BURNERS



CLEAN YOUR GRILL



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