

# SUNDAY MORNING

## Health Corner

### Summer Grilling Safety

Everyone loves joining family and friends for a cookout! To ensure a safe and enjoyable event, follow a few essential tips:

- Scrub the grill well before use.
- Grill at least 10 feet from any structures or trees.
- Keep a fire extinguisher or water bucket nearby.

Using a meat thermometer is the best way to know whether meat is safe to eat. Get familiar with these minimum temperatures:

- Fish: 145 F
- Poultry: 165 F
- Ground meats: 160 F; For burgers, insert thermometer through the side of patty.
- Whole cuts of meat: 145 F with a three-minute rest.

Enjoy a safe, and delicious, summer!



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