



# Health and Wellness Tip of the Week - Week 38

## Monthly Topic

September is *National Food Safety Education Month*. Provide employees with food safety tips for a healthy fall season.

September 22, 2014

## Food Safety Matters Whether Inside Or Out

Whether you're cooking a gourmet meal in your kitchen or hot dogs and hamburgers on the grill, following safe food handling guidelines can mean the difference between a healthy meal and a doctor's visit. Here are some tips for safe grilling:

- Never marinate food outside. Always marinate food in the refrigerator.
- If you want to use some of the marinade as a sauce, set some unused sauce aside for that. Don't use sauce that was used to marinate raw meat or poultry on cooked food.
- If you partially cook food to reduce grilling time, put the food on the grill right away. Don't wait.
- Cook food completely. Meat and poultry cooked on a grill can brown quickly on the outside. Use a food thermometer to be sure the food has reached a safe minimum internal temperature.
- Keep hot food hot. You can keep food hot on the grill by moving it to the side until you're ready to serve.
- Always keep cold foods cold. Have ice chests on hand to keep cold food cold until you're ready to eat.
- Always use a clean plate when taking food off the grill. Once your safely grilled food is ready, it's tempting to reuse the same plate that held the raw meat, poultry or seafood. But doing that could add harmful germs that were present in the raw food and contaminate the cooked food.
- When you're finished eating, refrigerate leftovers right away.

**Sources:** U.S. Consumer Product Safety Commission: U.S.



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