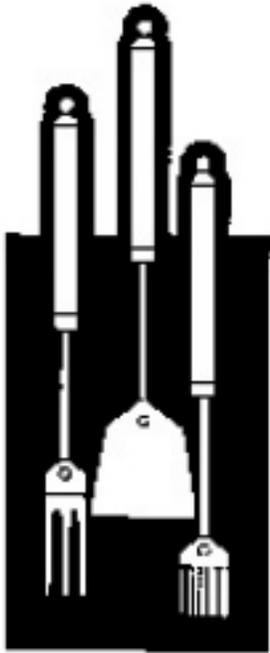


Cooking Outdoors

& Preventing Food Poisoning



- Read and follow label instructions to “keep refrigerated”, “sell by” and “use by” a certain date.
- Wash hands carefully with hot, soapy water for 20 seconds before and after handling raw meat or poultry
- Separate the raw and the uncooked: Don’t let juices from raw meat or poultry come in contact with other food, surfaces, utensils or serving plates.
- Never reuse marinade.
- Thaw frozen meat in the refrigerator, microwave, or in cold water changed every 30 minutes. Never thaw on the kitchen counter.
- Never interrupt cooking – if you’re partially cooking meat (i.e. chicken) for the grill, do it while the grill is heating up.
- During broiling or grilling turn meats over at least once to cook evenly.
- Cook meat thoroughly – meat to at least 160 degrees F, poultry to at least 165 degrees F.
- Since barbecue sauce turns a meat mixture red, making it harder to see if it’s done, cook these dishes thoroughly to a bubbling, steamy state.
- Never place cooked food on a plate that previously held raw meat. poultry, seafood or eggs.
- Refrigerate or freeze cooked meat and poultry within 2 hours after serving – within 1 hour if it’s a hot day.



For more Fact Sheets please go to www.ParentHelpNH.org

Children’s Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org