



Craven County Health Dept.

▶ Working Together
For Your Health!

Food Safety for Cook Outs & BBQ's!

Warm weather is the ideal time to cook out or to dine outside. But warm temperatures are also ideal for bacteria and other pathogens to multiply and cause foodborne illness. Use these simple guidelines to protect the ones you love.

1. **FROM THE STORE: HOME FIRST** - At home, place all potentially hazardous foods (those containing meats, eggs, milk) in the refrigerator immediately. Freeze meats that won't be used in 1 or 2 days.
2. **DEFROST SAFELY** - Thaw frozen foods in bottom of refrigerator, under cool running water, cook it frozen or microwave-provided food will be cooked immediately.
3. **TRANSPORTING** - When transporting food to the site, keep it cold to minimize bacterial growth. Use insulated coolers or ice packs. Transfer to refrigerator until ready to serve.
4. **Don't Cross-Contaminate** - Always keep raw meat, poultry, and seafood apart from other foods. Don't let their juices drip on other foods or utensils. Don't put cooked foods on plates that held raw meats.



Foods left out of temperature control must be consumed within 2 hours or discarded.

**WASH YOUR
HANDS!!!**



5. Use hot , soapy water to wash cutting boards, dishes, cooking utensils, and counter tops, especially after they come in contact with raw meat, poultry, eggs, and seafood.
6. Cook foods thoroughly.
7. Refrigerate leftovers promptly.
8. **WASH YOUR HANDS** after handling raw meats or utensils that touch raw meats, poultry, eggs and seafood.