

FOOD SAFETY, DEFENSE, AND OUTREACH



Constituent Update

Center for Food Safety and Applied Nutrition • Food and Drug Administration

Safe Grilling Tips:

- Marinate foods in the refrigerator, not on the counter or outdoors. If some of the marinade is to be used as a sauce on the cooked food, reserve a portion separately before adding the raw meat, poultry, or seafood. Don't reuse marinade.
- Don't use the same platter and utensils that previously held raw meat or seafood to serve cooked meats and seafood.
- If you partially cook food in the microwave, oven, or stove to reduce grilling time, do so immediately before the food goes on the hot grill.
- When it's time to cook the food, cook it thoroughly. Use a food thermometer to be sure.
 - Beef, veal, and lamb steaks and roasts—145°F for medium rare, 160°F for medium, and 170°F for well done.
 - Ground pork and ground beef—160°F.
 - Ground poultry—165°F.
 - Poultry breasts—170°F.
 - Whole poultry (take measurement in the thigh)—180°F.
 - Fin fish—145°F or until the flesh is opaque and separates easily with a fork.
 - Shrimp, lobster, and crabs—the meat should be pearly and opaque.
 - Clams, oysters, and mussels—until the shells are open.
- Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals where it can overcook.

When You Serve Food:

- Keep cold foods cold and hot foods hot.
- Do not use a plate that previously held raw meat, poultry, or seafood for anything else unless the plate has first been washed in hot, soapy water.
- Hot food should be kept hot, at or above 140 °F. Wrap well and place in an insulated container.
- Foods like chicken salad and desserts in individual serving dishes can also be placed directly on ice, or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.
- Don't let perishable food sit out longer than 2 hours.
- Food should not sit out for more than 1 hour in temperatures above 90°F