

# FOOD SAFETY, DEFENSE, AND OUTREACH



## Constituent Update

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

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### 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