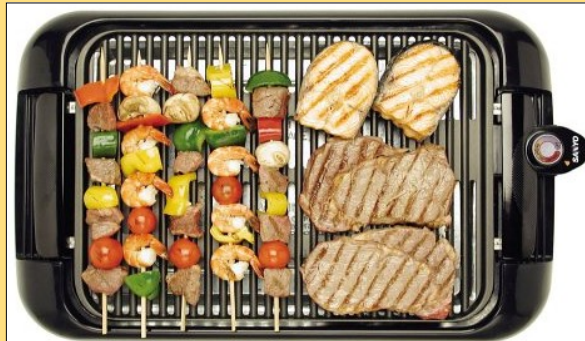


# Health Tip of the Month

## Safe Summer Barbeques

If your favorite barbeque includes hamburgers, chicken, or sausage, you may be at risk of getting sick.

On a hot summer day, bacteria grows quickly on meats that are not handled safely.

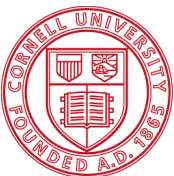


Follow these easy tips for an enjoyable and safe summer barbeque.

Visit **Fight BAC!** at <http://www.fightbac.org> for more information about keeping foods safe to eat.

## 7 Tips for safe summer barbeques

1. **Plan ahead!** Traveling away from home? Don't forget soap, water, ice, and a meat thermometer!
2. **Use 2 coolers.** Pack raw meat separately from cooked foods, snacks, or fruits and vegetables.
3. **Handle raw meats with their own set of utensils.** Bring extra forks, knives and plates so you don't contaminate foods already cooked.
4. **Keep cold foods cold, and hot foods hot!** Keep raw meats in the cooler at all times. After grilling, keep meat hot on the grill until eaten.
5. **Use a meat thermometer.** Cook meats to the proper temperature to be sure they are done.
6. **Don't leave food out, especially in the sun!** Food left out for even 1 hour on a hot day can become unsafe to eat. Be sure to put food away as soon as everyone has eaten.
7. **Wash your hands before handling food.** Hand sanitizer can be used if soap and water are not accessible.



Cornell University  
Cooperative Extension  
New York City

Worksite Wellness Initiative: by Melanie Perten, Urban Scholars Intern  
Cornell University 33: 7/13  
More Health Tips? visit <http://nyc.cce.cornell.edu>