SAINT MARY’S COLLEGE of CALIFORNIA

FOR A SAFE COOKOUT
Food Handling Guidelines

Safe and careful handling of raw meat and poultry is critical to prevent harmful bacteria from multiplying and contaminating other foods. It is extremely important that proper temperatures are reached during cooking to destroy harmful bacteria. Here’s what you should do to make sure the food you cook and serve at your cookout is both delicious and safe.

WASH HANDS THOROUGHLY
- Wash hands with warm water and soap for at least 20 seconds before and after handling raw meat and poultry.

PREVENT CROSS-CONTAMINATION
- Use only clean, sanitized food containers, cutting boards and utensils.
- Don’t use the same utensils or food containers for handling raw meat and poultry and also for handling ready-to-eat foods, (i.e., hamburger buns, cooked foods.)
- Use separate cutting boards for raw foods and ready-to-eat foods.
- Don’t touch raw foods and the ready-to-eat foods with the same utensil.
- Don’t touch ready-to-eat foods with bare hands. Use utensils or disposable gloves.

COOK FOODS THOROUGHLY
- Keep burgers and chicken (and all other perishable foods) on ice until ready to cook.
- Cook burgers to 155°F/68°C. To check the temperature, insert the thermometer probe for 15 seconds in center of the burger, at a 45° angle.
- Keep cooked burgers and chicken at minimum temperature of 140°F/60°C or above. Eat within 2 hour time period.

Signature: ____________________________ Date ___________________