

Simple Food Handling Tips Avoid “Spoiling” Summer Fun

(NAPSA)—It’s the season for enjoying backyard dining, picnics and outdoor parties. With the warm weather upon us, the honored tradition of summer cookouts with family and friends is heating up. In fact, 38 percent of Americans say they will be eating outdoors up to three or more times a week according to a new survey conducted by Tyson Foods, Inc.

Unfortunately, while most Americans surveyed claim they have a good understanding of food safety for summer grilling, their awareness of the most basic food handling tips falls short. In fact, 73 percent of those surveyed admit they never use a meat thermometer when grilling, 50 percent did not know perishable foods risk spoiling if left out for more than one hour, and 13 percent re-use their marinade when grilling.

To enjoy those savory foods from the backyard grill and picnics all season, it’s important to be “food wise” and keep in mind simple food handling tasks. When grilling poultry, use Tyson’s three “Cs” for Cooking Smart™—chill, clean and cook—as an easy way to remember these important tips:

1. **Chill.** Keep food cold in a refrigerator or an ice cooler until ready to be placed on the grill. This is a good tip especially when food is being transported in a hot car from home or the store to a pic-



nic area. Cooked leftovers should be stored in cool temperatures within one hour after grilling.

2. **Clean.** Wash anything that touches uncooked meats including hands, cooking surfaces and utensils. If preparing meats on a cutting board surface of the grill, do not chop fresh vegetables or place other foods on the same surface until it’s been cleaned thoroughly. If marinating the food, do not re-use the remaining marinade.

3. **Cook to Recommended Temperature.** Using a thermometer is the best way to make sure foods are cooked thoroughly. When grilling poultry, cook white meat to 170° and dark meat and whole birds to 180°.

For more information about food safety and summer grilling, try contacting the local health department or log on to leading food industry Web sites such as www.tyson.com.