



SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS

Affiliated with National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World and in partnership with Clemson University Cooperative Extension Service
SCFCL website: <http://www.scfcl.com>

Leader Training Guide

Tasty, Safe Food Enjoyed in the Out-of-Doors

Objectives:

Participants will be able to explain at least one of 12 basic safe handling guidelines for handling food when eating out-of-doors.

Lesson Overview/Introduction:

In the past, cooking outdoors only occurred between Memorial Day and Labor Day. But now days, families enjoy picnics, camping, or backyard grilling all year round. Food is always a part of outdoor events – just seems like food tastes better outside! However, careful handling of the food is as essential outside as it is when prepared and eaten inside.

This lesson explores 12 basic guidelines families need to follow to be sure the food served out-of-doors is safe and tasty.

Lesson:

Guideline 1 – From the Store: Home First

When shopping, buy cold food like meat and poultry last, right before checkout. Separate raw meat and poultry from other food in your shopping cart. To guard against cross-contamination — which can happen when raw meat or poultry juices drip on other food — put packages of raw meat and poultry into plastic bags.

Plan to drive directly home from the grocery store. You may want to take a cooler with ice for perishables. Always refrigerate perishable food within 2 hours. Refrigerate within 1 hour when the temperature is above 90 °F.

At home, place meat and poultry in the refrigerator immediately. Freeze poultry and ground meat that won't be used in 1 or 2 days; freeze other meat within 4 to 5 days.

Guideline 2 – Thaw Safely

Completely thaw meat and poultry before grilling so it cooks more evenly. Use the refrigerator for slow, safe thawing or thaw sealed packages in cold water. For quicker thawing, you can microwave defrost if the food will be placed immediately on the grill.

Guideline 3 – Marinating

A marinade is a savory, acidic sauce in which a food is soaked to enrich its flavor or to tenderize it. Marinate food in the refrigerator, not on the counter. Poultry and cubed meat or stew meat can

be marinated up to 2 days. Beef, veal, pork, and lamb roasts, chops, and steaks may be marinated up to 5 days. If some of the marinade is to be used as a sauce on the cooked food, reserve a portion of the marinade before putting raw meat and poultry in it. However, if the marinade used on raw meat or poultry is to be reused, make sure to let it come to a boil first to destroy any harmful bacteria.

Guideline 4 – Transporting

When carrying food to another location, keep it cold to minimize bacterial growth. Use an insulated cooler with sufficient ice or ice packs to keep the food at 40 °F or below. Pack food right from the refrigerator into the cooler immediately before leaving home.

Guideline 5 – Keep Cold Food Cold

Keep meat and poultry refrigerated until ready to use. Only take out the meat and poultry that will immediately be placed on the grill.

When using a cooler, keep it out of the direct sun by placing it in the shade or shelter. Avoid opening the lid too often, which lets cold air out and warm air in. Pack beverages in one cooler and perishables in a separate cooler.

Guideline 6 – Keep Everything Clean

Be sure there are plenty of clean utensils and platters. To prevent foodborne illness, don't use the same platter and utensils for raw and cooked meat and poultry. Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food.

If you're eating away from home, find out if there's a source of clean water. If not, bring water for preparation and cleaning. Or pack clean cloths, and moist towelettes for cleaning surfaces and hands.

Guideline 7 – Precooking

Precooking food partially in the microwave, oven, or stove is a good way of reducing grilling time. Just make sure that the food goes immediately on the preheated grill to complete cooking.

Guideline 8 – Cook Thoroughly

Precooking food partially in the microwave, oven, or stove is a good way of reducing grilling time. Just make sure that the food goes immediately on the preheated grill to complete cooking.

Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145 °F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.

Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F as measured with a food thermometer.

Cook all poultry to an internal temperature of 165 °F as measured with a food thermometer.

NEVER partially grill meat or poultry and finish cooking later.

Guideline 9 – Reheating

When reheating fully cooked meats like hot dogs, grill to 165 °F or until steaming hot.

Guideline 10 – Keep Hot Food Hot

After cooking meat and poultry on the grill, keep it hot until served — at 140 °F or warmer.

Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. At home, the cooked meat can be kept hot in an oven set at approximately 200 °F, in a chafing dish or slow cooker, or on a warming tray.

Guideline 11 – Serving the Food

When taking food off the grill, use a clean platter. Don't put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food.

In hot weather (above 90 °F), food should never sit out for more than 1 hour.

Guideline 12 – Leftovers

Refrigerate any leftovers promptly in shallow containers. Discard any food left out more than 2 hours (1 hour if temperatures are above 90 °F).

Lesson Summary:

It's important to follow all of these food safety guidelines to prevent harmful bacteria from multiplying and causing foodborne illness. These are the same basic food handling rules which need to be followed in the kitchen at home. The guidelines become even more important when enjoying food out-of-doors.

Suggested Activities:

Guideline Reporting

Write one guideline on each of 12 notecards or pieces of paper. Participants will draw one card from a basket. Allow time for each person to detail what the guideline means or how to follow that guideline and report to the group. If the group is large, they can work in teams to report back to the group.

Fill in the Blank

The leader can review the lesson by repeating a detail from a guideline and leaving out key words which the group will fill in. For example, the leader might say “When taking food off the grill, use a _____ platter.” Group fills in with the word “clean”.

Thermometer Demo

Show the group how to calibrate and use a food thermometer. Review the required internal cooking temperatures for meat and poultry. Emphasize that using a thermometer ensures safety and prevents meat from being overcooked and not as tasty.

Suggested Materials:

- Supplies for one or more activities

Lesson Prepared by:

Elizabeth Hoyle, Professor Emeriti and Extension Food Safety Specialist

Lesson Review by:

Dr. Susan Barefoot, Extension Program Team Leader – Food Safety & Nutrition, CU

Sources/References:

Clemson University Cooperative Extension Service, HGIC Fact Sheet, Food Safety for Outdoor Cookouts, June, 2009.

USDA FSIS Fact Sheet Barbecue and Food Safety, May, 2011.