

Summer Cookout Food Safety Card

Print it. Tape it near the grill. Keep everyone safe.

THE RULES THAT MATTER MOST

2 HOURS
1 HOUR

Max time perishable food can sit out
at room temperature.

When outdoor temperature is **above 90 F.**

DANGER ZONE: 40 F TO 140 F

Keep cold foods at 40 F or below.

Keep hot foods at 140 F or above.

SAFE INTERNAL TEMPERATURES

Ground beef, pork, lamb, veal	160 F
-------------------------------	--------------

Steaks, chops, roasts	145 F + 3 min rest
-----------------------	---------------------------

Chicken, turkey, whole poultry pieces	165 F
---------------------------------------	--------------

Ground poultry	165 F
----------------	--------------

Fish	145 F or opaque/flaky
------	------------------------------

Hot dogs / reheated leftovers	165 F or steaming hot
-------------------------------	------------------------------

Do not guess by color. Use a thermometer.

Cookout Safety Setup

COOLER SETUP

- Pack with plenty of ice or frozen gel packs. Aim for more ice than most people think they need.
- Use one cooler for food and a separate cooler for drinks.
- Keep the food cooler in shade and out of a hot car trunk.
- Put a small thermometer inside. Food should stay at 40 F or below.

STOP CROSS-CONTAMINATION

- Never use the raw-meat platter for cooked food unless it has been washed first.
- Wash hands after raw meat. No sink nearby? Keep sanitizer at the grill station.
- Set aside clean marinade before raw meat touches it, or boil used marinade before serving.

SERVE SMART

- Put out small trays and refill often instead of leaving one big bowl outside.
- Nest cold dishes in bowls of ice.
- Write the set-out time on painter tape or a sticky note.
- When in doubt, throw it out.

CALL A DOCTOR FOR SEVERE SYMPTOMS

Bloody diarrhea, diarrhea over 3 days, fever over 102 F, frequent vomiting, or signs of dehydration.