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Press Release

COMMISSIONER'S OFFICE

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Keep Your Memorial Day Cookout Safe

(JUNEAU, AK) – The Alaska Department of Environmental Conservation is encouraging safe food-handling practices for Memorial Day cookouts and barbecues.

Here are some tips for keeping your Memorial weekend safe:

Clean

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food.
- Do not rinse raw meat or poultry before cooking.

Separate

- Keep raw meats away from ready-to-eat foods like fruits and vegetables.
- Do not put cooked meat back on an unwashed plate that has held any other raw meat or their juices.
- Always thaw and marinate foods in the refrigerator, not on the counter or outdoors.

Cook

- Do not use sauce that was used to marinate raw meat or poultry on cooked food. Boil used marinade before applying to cooked food or reserve a portion of the unused marinade to use as a sauce.
- Cook food to the appropriate temperature and use a food thermometer: Chicken to 165°F, hamburgers to 155°F, steaks and fish to 145°F.

Chill or Heat

- Throw away foods that have been sitting out for over two hours.
- Grilled food can be kept hot by moving it to the side of the grill rack.
- Keep cold foods directly on ice, keep in shade and replace ice as needed.
- When carrying food to another location, keep it cold or hot in an insulated tote.
- When in doubt, throw it out!

For more information on food safety, visit DEC's Food Safety website:

<http://www.dec.alaska.gov/eh/fss>

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