

# Grilling Safely This Summer

**MAY 31, 2022**

Backyard cookouts are a common weekend event in the summer. Good times, good friends, good food. But before serving that good food, it's important to be certain that the food is safe. The CDC has excellent information on [How to Grill Safely | CDC](#)

Using a food thermometer to ensure meat is cooked hot enough to kill harmful germs is critical. When smoking, keep temperatures inside the smoker at 225°F to 300°F to keep meat a safe temperature while it cooks.

## **When Grilling**

- 145°F—whole cuts of beef, pork, lamb, and (then allow the meat to rest for 3 minutes before carving or eating)
- 145°F—fish
- 160°F—hamburgers and other ground beef
- 165°F—all poultry and pre-cooked meats, like hot dogs

## **After Grilling**

- 140°F or warmer—until it's served

## **Refrigerate**

- Divide leftovers into small portions and place in covered, shallow containers.
- Put in freezer or fridge within 2 hours of cooking (1 hour if above 90°F outside).

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