

## Appendix 6 - Advice for Safe Barbecues

Food which is not stored or cooked properly will allow bacteria such as campylobacter, salmonella and E.coli to multiply to dangerous levels resulting in food poisoning. Barbecues are of particular concern as warm weather and outdoor environment provide the correct type of conditions for bacteria to multiply. The simple pointers below should be followed to ensure that your barbeque does not result in illness:

- Prior to your barbecue make sure that you store your food correctly, always refrigerate meat and other perishable items in a fridge operating at less than 5°c.
- Raw meat should always be stored at the bottom of your fridge, this ensures that its juices can not drip onto and therefore contaminate and 'ready to eat' items.
- To prevent cross contamination ensure that all foods stored in the fridge (and elsewhere) are covered.
- Ensure that your barbecue is ready to cook food, light it well in advance and wait until the coals are glowing red with a powdery grey surface.
- If using frozen foods ensure that these are totally defrosted before attempting to cook, defrost in a covered dish, in the bottom of the fridge.
- Wash all salads and vegetables thoroughly.
- Barbecued food may look cooked when it isn't, to be sure that it is safe to eat check that it is piping hot all the way through, that none of the meat is pink and that any juices run clear.
- Always wash your hands thoroughly before preparing food, after touching raw meat and before eating.
- Raw meat may contain harmful bacteria and should be separated from cooked and ready to eat food, do not put raw meat near burger buns, salad or similar 'ready to eat' food. Ensure that different sections of the barbecue are used for food which is raw and that which is nearly ready to eat.
- Be particularly careful with chicken legs which can look charred on the outside but be undercooked on the inside. It is advisable to precook chicken in the oven, microwave or by boiling, they can then be finished on the barbecue to give the unique flavour.
- Use separate utensils for raw and cooked meat. Never put cooked meat on a surface or plate which has been used to hold raw meat.
- Don't add sauce or marinade to cooked food if it has already been used with raw meat.
- Don't allow your food to sit in the sun, eat food as soon as it is ready. Ensure that it is protected from insects.
- Never reheat food from the barbecue.
- Either consume or dispose of food within 2 hours, after this time the food could cause food poisoning.

Participants are expected to thoroughly clear up after a barbeque and dispose of all litter appropriately.