

# Food Safety Information

## Beat the barbecue bugs

Whatever you're cooking up this summer, keep food safe for friends and family with our barbecue tips.

Bugs such as E.coli O157, salmonella and campylobacter can cause serious illness. But you can steer clear of food poisoning by taking some simple steps.

*How can I make sure barbecued food is cooked properly?*

- Wait until the charcoal is glowing red, with a powdery grey surface, before you start to cook.
- Make sure frozen food is properly thawed before you cook it.
- Turn the food regularly, and move it around the barbecue, to cook it evenly.
- Check that the centre of the food is piping hot.

### **Charred doesn't mean well done**

Even if meat is burnt on the outside, it might not be cooked properly on the inside. So cook food evenly over a steady heat and always check that it's cooked in the middle.

*Why should I keep raw meat away from other food?*

Raw meat can contain food poisoning bugs. So if it touches food that has already been cooked or is ready to eat (such as salad and bread), the bugs can get onto that food. In fact, anything that touches raw meat could carry the bugs to other food. Here's how you can stop the bugs spreading:

- Stop raw meat from touching or dripping onto other food.
- Wash your hands thoroughly after handling raw meat.
- Use separate utensils for raw and cooked meat.
- Never put cooked food on a plate or surface that has been used for raw meat (unless it has been washed thoroughly).
- Don't add sauce or marinade to cooked food if it has already been used with raw meat.

**For more information, contact the Food Safety Team at Brighton & Hove City Council on 01273 292161, e-mail [ehl.food@brighton-hove.gov.uk](mailto:ehl.food@brighton-hove.gov.uk), see our website [www.brighton-hove.gov.uk/foodsafety](http://www.brighton-hove.gov.uk/foodsafety) or the Food Standard Agency's [www.food.gov.uk](http://www.food.gov.uk)**

