

# Food Safety Information

## Barbecue Safety

During the good weather, many people enjoy having a barbecue – the smell of hot charcoal ... the sound of sizzling food ... long cool drinks ... and the possibility of food poisoning!

Unfortunately every year people get ill from barbecue food that has not been cooked properly resulting in vomiting, diarrhoea. Stomach ache and fever.

Don't let this happen at your barbecue ... so follow these tips for a safe and happy event.

### **Keep Food Cold**

Many raw foods are contaminated naturally with bacteria (germs) that can cause food poisoning.

Salmonella, Clostridium, Campylobacter or E Coli may be present on raw foods, particularly meats and poultry.

As most bacteria which causes food poisoning can only grow slowly at low temperatures, keep the barbecue food refrigerated until it is needed for cooking.

### **Cook Food Thoroughly**

Certain meats, such as burgers, sausages and grill steaks (where the mincing process has mixed the contaminated outer surfaces of the meat with the interior of the joint), need to be cooked thoroughly with the heat penetrating right to the centre, until the juices run clear and there are no pink bits inside.

If you are going to cook frozen meat or frozen meat products ensure that they have thawed completely before cooking, unless the instructions say otherwise.

If you have a microwave, it is advisable to cook chicken pieces in the microwave first and then 'brown' them on the barbecue.

### **Keep Food Protected**

Cooked foods should not come into contact with raw foods either directly or indirectly, as they may become contaminated with bacteria which cause food poisoning from the raw food.

Cross contamination is one of the main causes of food poisoning problems and must be prevented at all costs.

If you have any 'left overs', refrigerate them as soon as possible and if you reheat them later do it thoroughly to a high temperature for at least ten minutes. 'Left overs' should only be used once and then thrown away.



**Brighton & Hove  
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The following rules will help reduce the risk of cross contamination and food poisoning:-

- Store raw and cooked foods separately, ideally in covered containers.
- Do not use the same knives or chopping boards for raw and cooked foods – use other equipment or wash them in hot water with washing up liquid between uses.
- Wash your hands between handling raw and cooked foods, after using the toilet and after handling rubbish or waste.
- Use disposable cloths to clear up spillages or to wipe down surfaces. Using a single cloth which remains wet and warm for long periods can spread high levels of harmful bacteria to everything it touches.

By following these guidelines the risk of getting food poisoning from your barbecue will be minimised.

However, so that your day will be a complete success, don't forget barbecue safety:-

- Do not store barbecue lighting fluids or any other chemicals in food containers or near any food items.
- Never pour flammable liquids (paraffin, petrol, barbecue lighter fluid etc) onto an already lit barbecue.
- If using a butane gas barbecue, ensure that all the connections are tight, and do not smoke whilst changing gas containers.
- Always used a RCD (residual current device) with any portable main electric equipment used in the garden – it's a life saver.

**BE SAFE AND HAVE FUN!**