



**Great burgers  
are safe burgers**

### Easy tips to barbecue burgers safely

- > Use or freeze ground beef within one day of purchase or by the best before date on the package label.
- > Always wash your hands before and after handling raw meat.
- > Use separate dishes and utensils for raw meat and other foods.
- > NEVER cook beef burgers to rare; cook to 71°C (160°F)
- > Use a digital rapid-read thermometer to know when patties are done.
- > Use a clean plate to transfer cooked burgers from the barbecue.

For more food safety tips, visit [beefinfo.org](http://beefinfo.org) or [canfightbac.org](http://canfightbac.org)

Brought to you by

the Canadian Partnership for Consumer Food Safety Education and the Beef Information Centre.

# Get the BBQ season off to a safe start.

Summer is here, which means it's time for backyard barbecues and real beef burgers. But before you fire up the grill, there are some simple guidelines to follow so that your salmon, chicken breasts, roasts, burgers and any other barbecued meals not only taste great, but are safe to eat too!

There are 4 easy steps you can take at home to eliminate harmful bacteria and greatly reduce the risk of foodborne illness for your family. You can FightBAC!®



#### CLEAN - WASH HANDS AND SURFACES OFTEN.

Be sure to wash utensils, cutting boards, hands and surfaces when switching tasks such as handling raw meat, poultry and seafood, and preparing vegetables.

#### CHILL - REFRIGERATE OR FREEZE FOODS PROMPTLY.

Use the 2 Hour Rule, refrigerating perishables within 2 hours of purchase or preparation. If the weather is hot, reduce that time to 1 hour.

#### SEPARATE - KEEP RAW MEATS AND SEAFOOD AND THEIR JUICES SEPARATE FROM ONE ANOTHER AND OTHER FOODS.

When shopping, keep meats in separate bags. Use separate utensils and dishes for raw meat. When grilling, use a clean plate to transfer foods from the grill to the table.

#### COOK - USE A FOOD THERMOMETER TO ENSURE THAT FOODS ARE COOKED TO PROPER TEMPERATURES.

You can't determine the safe doneness of meat by looking at its colour or juices – you need to know the temperature. A digital instant-read thermometer is an essential tool for any great cook -- you know when your meats are done without overcooking.



**Remember, your burgers are done at 71°C (160°F)!**

Cook beef burgers to an internal temperature of 71°C (160°F).



Canadian Partnership for Consumer Food Safety Education  
Partenariat canadien pour la salubrité des aliments

