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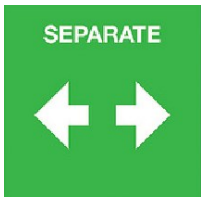
# Grilling Food Safety Tips



You can help prevent food poisoning from harmful organisms by following four simple steps when preparing food.



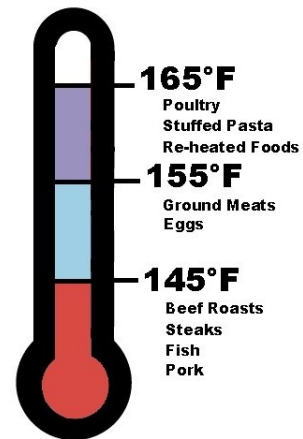
Thoroughly wash hands, cutting boards, and utensils with warm, soapy water. Wash produce before using or consuming.



Don't cross-contaminate. Keep all prepared food and produce separated from raw meats at the store, during transport, in the kitchen, and in the refrigerator. Use separate plates to transfer raw food to the grill and cooked food from the grill.



Cook food to proper temperature (see guide below). Food is safely cooked when it reaches these minimum internal temperatures. Use a food thermometer to confirm the temperatures of cooked food.



Refrigerate or freeze food promptly within 2 hours after cooking. Cold temperatures slow the growth of harmful organisms. Thaw frozen food in the refrigerator or microwave.

Foodborne illness is preventable. If you suspect a foodborne illness, contact MCDH for investigation. Staff can be reached at 815-334-4585, Monday through Friday from 8AM to 4:30PM. For after hour emergencies, call 815-344-7421. Visit [www.foodsafety.gov](http://www.foodsafety.gov) for other tips.