

## Hot Town. Grilling In The City. A Recipe For Safe And Happy Summer Cookouts

### Create A No-Burn Zone

1. Start with a clean, rust free grill.
2. Spray for bees and wasps before you start cooking.
3. Set your grill on level ground, preferably on pavement or cement.
4. Do not grill near foliage, brush, trees or any structure that may catch fire. Find out what your local fire ordinances say.
5. Keep temperatures from getting too high.
6. Use the appropriate tools and clothing: long-handled grilling forks and other utensils, high-heat mitts and aprons made for grilling (thicker material).
7. Have a spray or squirt bottle of plain water nearby in case dripping fat causes flare-ups. Don't spray directly on the food.
8. Keep children and pets away from the grilling area. And make sure group games with balls or frisbees are taking place at a safe distance.
9. Don't dispose of coals until they are completely cool.

### Avoid the Temperature "Danger Zone"

Keep cold foods below 40° F and hot foods over 140° F. Bacteria grows most rapidly between 40 and 140° F – often called the "Danger Zone." If perishable food has been unrefrigerated for more than 2 hours, or more than one hour on a hot day (90°), toss it.

#### MINIMUM SAFE INTERNAL COOKING TEMPS – Degrees Farenheit

All poultry	165°
Beef, veal, lamb (steaks, roasts, chops)	145° - medium rare; 160° - medium
Ground beef	160°
All pork	160°
Reheating cooked meats - hot dogs	165°

### Lower Risk Grilling

When meat is cooked at very high temperatures, carcinogenic chemicals are produced. Heterocyclic amines (HCAs) are present in the black charring on grilled foods. Polycyclic aromatic hydrocarbons (PAHs) develop when meat fat drips onto hot coals and the chemicals rise up with the smoke and land on the meat.

But, for now, experts agree that a small amount grilled meat a few times this summer won't increase your risk of cancer. And, there are some things you can do to further reduce the risk.

- Start with lower-fat cuts of meat and trim off visible fat before grilling.
- Pre-cook meat partially on the stove, in the oven or in the microwave just before finishing it on the grill to reduce grilling time. >> continued on back

### Keep It Clean; Keep It Cool

Follow a few simple and familiar food safety rules to prevent tainted food from spoiling your summer picnic or barbeque.

- All cooks, food handlers and servers should wash their hands with soap and water. Bring hand sanitizer or moist towelettes in case water isn't always handy.
- Utensils should be washed before using and between uses; don't use the same utensils or serving dishes for raw and cooked meats.
- Keep raw foods and cook foods separated; double wrap raw meats so the juices don't leak onto other foods.
- Raw meats, cooked meats, salads and perishable desserts should be kept in a cooler on ice until they are cooked or served. Yes, even the fried chicken should stay cool until you are ready to eat.
- Keep perishable food and drinks in separate coolers, so you are not constantly opening the one with perishable food items.
- Keep coolers out of direct sun; cover them with a blanket or large towel if there is no shade. At the beach, you can partially bury coolers in the sand.

# A Summer Guide to Surviving the Pesky Mosquito

## When The Bug Bites...The Science

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### **Who's the biter?**

It's the female mosquito that feeds on your blood when she pierces your skin with her proboscis (mouth).

### **Why does the bite itch and swell?**

As the mosquito sucks the blood, some saliva gets into your skin. Your body reacts to the proteins in the saliva by swelling.

### **Why Do I Get Bitten?**

Mosquitoes are choosy when it comes to a meal, as you have noticed. You may get a dozen bites and your friend sitting right next to you is not bothered at all. Mosquitoes choose dinner by evaluating scent, exhaled carbon dioxide and the chemicals in an individual's sweat. Mosquitoes are more attracted to:

- Men
- People with type O blood
- Overweight individuals
- Heat –so avoid wearing dark colors, which absorb heat

*Note that children who have not been bitten before may have a stronger reaction to a mosquito bite than an adult who has been bitten in the past.*

## Prevention

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- Eliminate standing water, especially after it rains
- Unclog roof gutters.
- Empty children's wading pools at least once a week, more often if possible.
- Change water in birdbaths at least weekly. You can also purchase devices to place in birdbaths that keep the water circulating so that mosquitoes won't lay eggs there.
- Keep old tires out of your yard because they collect standing water.
- Empty flowerpots and other containers that you keep in the yard, and turn them upside down so water doesn't collect.
- Drain collected water from your fire pit regularly.

### **Popular, but unproven, prevention methods**

- Electronic bug zappers
- Citronella-scented candles
- Yellow bug lights for outdoor use
- Attracting mosquito-eating birds and mammals such as purple martins and bats

### **Insect repellents**

Used properly, repellents are safe for kids and adults.

Remember, they don't kill mosquitoes. They block the bug's ability to find you.

Make sure to check the labels of repellent products to see what chemicals and ingredients they contain. Always follow the manufacturer's directions for use and pay attention to any cautions or warnings.

*Sources for the articles: American Cancer Society, American Dietetic Association, American Institute for Cancer Research, HealthCastle.com, Howtodothings.com; Mayo Clinic, MSN Health & Fitness, USDA Seasonal Food Safety Sheets*

## Low Risk Grilling Continued...

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- Do not cook meat to well-done on the grill. That just increases carcinogens.
- Grill meats as far away from direct contact with high heat as you can.
- Cook smaller pieces of meat to reduce cooking time. Meat or poultry kebobs cook fastest.
- Turn the meat frequently. Cooking burgers at low heat and flipping often prevents HCAs from forming, and kills bacteria.
- Marinate! Studies indicate that marinating can reduce 92 to 99% of HCAs. Marinate in the refrigerator and remove any marinade you want to use later for sauce before you add the raw meat.
- Add flavor from non-fat sources such as liquid smoke brushed on food, or fresh herbs, garlic cloves and citrus peels added to the coals when you are almost finished.
- Add basting sauces that contain sugars toward the end of the grilling process so the food becomes less charred.
- For charcoal grilling, use coals made from hard wood, which burns at lower temperatures than soft woods
- Cover grill with foil (with holes punctured) or use a drop pan to prevent fat falling onto coals where it produces carcinogens.
- Don't eat very charred parts of grilled foods.

### Go beyond the meat:

- Grill some veggie burgers or sausages.
- Toss fresh vegetables on the grill or make veggie and fruit kebobs with peppers, onions, tomatoes or cubed pineapple and peaches.

