

# Beat the Barbecue Bugs!

## Barbecue Safety

Whatever you're cooking up this summer, keep food safe for friends and family with our barbecue tips. Our message this summer is don't get caught out by an undercooked banger or burger.

Barbecues are an excellent way to unwind and have fun in the summer but they can be disastrous if you do get food poisoning. The main food poisoning bugs cause severe stomach cramps, sickness and diarrhoea. But you can steer clear of food poisoning by taking some simple steps.

The Food Standards Agency is encouraging people to make use of three simple food hygiene tips when cooking food outside:

1. Always wash your hands thoroughly before preparing food, after touching raw meat and before eating.
2. Raw meats can contain harmful bacteria and should be separated from cooked and prepacked food.
3. Barbecued food may look well cooked when it isn't. Burgers, sausages and chicken should be cut open and checked. If necessary continue cooking.



### ***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.

### ***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.



There are two free leaflets available, called '**Beat the Barbecue Bugs**' and '**Catering From Home Safely**' which are available by calling the Food Standards Agency's Food Hygiene Campaign line on 0845 608 6089; or by contacting: Environmental Health Services, Directorate of Community Services, Borough of Spelthorne, Council Offices, Knowle Green, Staines, TW18 1XB; Tel 01784 446280; Fax 01784 446437. You may also E-mail us at [environmental.health.commercial@spelthorne.gov.uk](mailto:environmental.health.commercial@spelthorne.gov.uk)

## Barbecue quiz

Are you a silly burger? Are you hot stuff when it comes to barbecue food safety or a silly burger? Give yourself a grilling with this fun quiz. Click here to link to the Food Standards Agency website to play the game!