

## Further Information and Advice

For more information on food safety in general, please see the Food Standards Agency website:

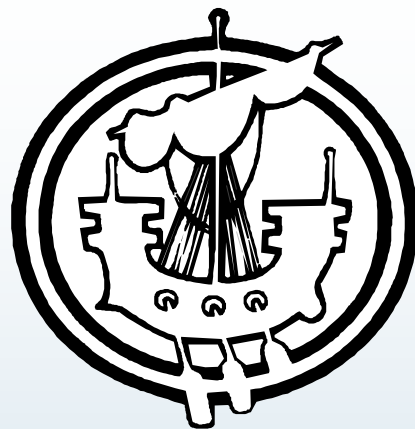
<http://www.food.gov.uk/>

## Be Barbeque Safe

Further food safety and barbeque information can be found on:

[http://www.food.gov.uk/multimedia/pdfs/barbecue\\_bugs\\_final.pdf](http://www.food.gov.uk/multimedia/pdfs/barbecue_bugs_final.pdf)

<http://www.nhs.uk/Livewell/Summerhealth/Pages/Barbecuefoodsafety.aspx>



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## Summer BBQs

### Top tips for barbeques and eating outdoors



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## IMPORTANT INFORMATION

Barbeques and picnics are a great way to unwind and have fun in the summer but developing a bout of food poisoning afterwards is not.

Food poisoning is usually mild, and most people get better within a week. But sometimes it can be more severe, so it's important to take the risks seriously. Children, older people and those with weakened immune systems are particularly vulnerable to food poisoning.

Very often in the summer there is an increase in food poisoning cases. This is not surprising when you consider harmful bacteria enjoy the warm weather too. They are able to grow and multiply rapidly and have the potential to turn our food into a health hazard.

Bugs such as E. coli O157, Salmonella and Campylobacter can cause serious illness. You can steer clear of food poisoning by following a few simple rules ensuring barbecues and picnics can remain fun without nasty side effects a few days later.

### Top tips for Barbeques and Outdoor Eating

- Wash hands thoroughly before preparing food and after touching raw meat
- Make sure frozen food is properly thawed before you cook it
- Store, cook and prepare raw meats, including chicken, separate from other foods - even when cooking - to avoid cross contamination
- Always use separate utensils for raw and cooked meat
- Wait until the barbeque charcoal is glowing red, with a powdery grey surface before you start cooking.
- Cook all meat and meat products until they are piping hot, there is no pink meat and the juices run clear
- Turn the food regularly and move it around the barbeque to cook it evenly
- Don't put raw meat products next to cooked or partially cooked meat on the barbeque
- Never part cook food on the barbeque and finish cooking later. You can cook food indoors and then chargrill on the barbeque
- Don't add sauce or a marinade to cooked food if it has already been used with raw meat.
- Take food out of the fridge when you are ready to use it. Don't have coleslaws, salads etc sitting out for long periods of time.
- Never put cooked food on a plate or surface that has been used for raw meat (unless it

has been washed thoroughly)

- Keep hot foods hot and cold foods cold - don't leave them standing around. Warm weather is perfect for bugs to grow
- Charred doesn't mean well done! Even if meat is burnt on the outside, it might not be cooked properly on the inside. So cook food evenly over a steady heat and always check it's cooked in the middle
- If you are travelling for a picnic, invest in a cool bag to keep food chilled

**With a little extra care - barbeques and picnics can be safe as well as fun!**



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