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Easy Tips to Keep Food Safe This Weekend

Foodborne illnesses increase during summer months due to warmer temperatures and cause up to 5,000 deaths a year. While enjoying the outdoors this Fourth of July weekend, here are some quick tips to keep your food safe, courtesy of Fred Meyer Stores.

Remember the four keys to safe grilling: Chill, Clean, Separate and Cook!

- **Chill:** Use a cooler or chill bag to keep meat cold and set refrigerators to 40°F.
- **Clean:** Wash hands with warm water and soap for 20 seconds before and after handling food and wash cutting boards, dishes, and utensils often.
- **Separate:** Avoid cross-contamination by separating fresh meat from other food, keeping cutting boards and utensils separate, and placing cooked food on a clean plate.
- **Cook:** Use a food thermometer every time you cook fresh meat; insert the thermometer 2 to 2 ½ inches into the food.

Different meats, different temperatures!

- Ground beef, pork, veal, and lamb: 160° F
- Ground turkey and chicken: 165° F
- Fresh beef, veal, and lamb: 160° F
- Poultry: 165° F

Defrost and Marinate Safely!

- There are three safe ways to defrost: in the refrigerator, in cold water, and in the microwave.
- Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator and not at room temperature.

Keep cold food *COLD* and hot food *HOT*!

- Keep cold food at or below 40° F and hot food at or above 140° F.
- Need to reheat? Use the stove, oven, or microwave to reheat food to 165°F.
- Keep food *OUT* of the danger zone: 40° F to 140° F!

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