

# Consumers Get Personal About Their Favorite Outdoor Ritual—Grilling

(NAPSA)—A new national survey by the American Dietetic Association/ConAgra Foods Foundation *Home Food Safety...It's in Your Hands™* program suggests outdoor grilling success might be linked to the personal style and characteristics of the griller as much as the recipes or ingredients you use. With nearly every American (98 percent) venturing into the great outdoors to fire up the grill, it turns out that personality affects the entire cookout experience, from the mood to the menu—and how safely food is handled and served.

The ADA/ConAgra Foods survey uncovered several types of grilling personalities—from The Entertainers who enjoy grilling for others and desire the spotlight, and Innovators who experiment with unusual ingredients and new techniques, to By-the-Book Cooks, who are methodical in practice and rely on classic recipes.

“No matter the griller’s characteristics, more and more people are cooking and eating outdoors. As the fun and flavors heat up, so does the risk of foodborne illnesses,” says registered dietitian Jackie Newgent, national spokesperson for the ADA/ConAgra Foods *Home Food Safety...It's in Your Hands™* program. “Know your outdoor grilling style and always include proper food safety practices, whether you’re cooking for one or barbecuing for the whole neighborhood.”

Check out these personalities and accompanying food safety tips to discover your inner grill master.

## **The Innovator**

For self-proclaimed Innovative Grillers (33 percent), the rule of thumb is “when you find a recipe for success—find another one!” These grillers, as well as more than half of all grillers (57 percent), say they like using the grill to experiment with new recipes and flavor combinations.

But while innovative grillers



may have a taste for adventure, they also may be flirting with disaster. According to the ADA/ConAgra Foods survey, more than one in four people (26 percent) typically reuse marinades and sauces for basting cooked meats—a surefire way to spread bacteria.

“Always bring marinades to a boil before reusing them to baste cooked meats,” says Newgent. “Also, use separate brushes to marinate raw and cooked meats or wash brushes in hot, soapy water between uses, to avoid cross-contamination.”

## **The By-the-Book Cook**

Not all grillers take culinary risks with their recipes. Twenty-one percent define themselves as By-the-Book Cooks, preferring the traditional fare when it comes to feeding their family. Hamburgers, hot dogs and brats top the list of favorite grilled foods, followed by steak, chicken, fish and seafood.

While sticking to what you know can be a good thing, some habits are worth breaking. More than one in four home cooks (27 percent) say they typically thaw frozen meats on the kitchen counter or outside on a grilling station or picnic table—a home food safety “don’t,” as bacteria can quickly spread if meat reaches a temperature of more than 40° F.

Make sure your meal gets off to a safe start by thawing meat in a refrigerator set below 40° F, in a microwave on the “defrost” setting or under cold water in the kitchen sink (just make sure meat is wrapped in airtight packaging

and water is changed every 30 minutes to keep it below 40° F).

## **The Entertainer**

Nearly 40 percent of all Americans classify themselves as the Entertainer Griller, stating the main reason they grill is to entertain family and friends.

When grilling for a large group, leftovers are inevitable, so be sure to handle yours properly. According to the survey, 25 percent of people believe leftovers can sit out in 90-degree heat for more than two hours before it needs to be refrigerated—not true! “When outdoor temperatures hit 90° F or higher, the two-hour window for perishable foods decreases to just one hour, at which point harmful bacteria begin to multiply rapidly,” says Newgent.

Keep guests safe at your next barbecue by setting out perishable food items in one-hour shifts (set a timer to keep track). After each shift, place uneaten food back in the refrigerator and replenish your table with a fresh set.

## **What's Your Grilling Personality?**

Discover your grilling style by taking the Grilling Personality Quiz at [www.homefoodsafety.org](http://www.homefoodsafety.org) and receive personalized food safety tips to make this grilling season your best and safest ever!

The ADA/ConAgra Foods *Home Food Safety...It's in Your Hands™* program educates consumers that home food safety is a serious issue and provides solutions so Americans can easily and safely handle food in their own kitchens. This program complements government-sponsored food safety initiatives that speak to the leading critical food-handling violations by emphasizing the following four key messages: 1) Wash hands often; 2) Keep raw meats and ready-to-eat foods separate; 3) Cook to proper temperatures; 4) Refrigerate promptly below 40 degrees Fahrenheit.

For more information, visit [www.homefoodsafety.org](http://www.homefoodsafety.org).