



## Grill Safely This Month

As we head into July, we want everyone to stay safe this summer while grilling some delicious meals. Grilling is a wonderful way to cook food and you can cook just about anything on it. Most people just use it to cook their meats but it does an outstanding job for vegetables, fruits and breads.

When cooking meats, we are always concerned about the temperature of our food in order to prevent foodborne illness. In order to do that, we must purchase a food thermometer and cook the food until it has reached that temperature. You cannot tell if you food is fully cooked or “done” unless you check the temperature. It is not based on the color of the meat or the juices. Beef, pork, and lamb are cooked to 145 degrees, ground meats to 155 degrees and all poultry products are cooked to 165 degrees.

There are a variety of methods to prepare vegetables and fruit on the grill. The biggest thing to consider is to find a way for it to sit on the grate without falling through, or you can use skewers, aluminum foil, or a grilling basket.

Whether you are canning or grilling, you want to choose food that is fresh and of high quality. What you put on the grill is what you are going to take away. There is no magical process that will make your old food fresh again.

One of the biggest food safety concerns is leaving your food out and uncovered especially during those outside summer months. Never let food sit outside of the refrigerator for more than 2 hours. In the hot summer months, it should only be 1 hour. Flies are a big food safety hazard as well so be sure to plan ahead!!

If you are interested in learning how to plan and prepare meals easily for your family or yourself, we have two virtual Lunch N' Learn workshops. The first one is on Tuesday, July 13<sup>th</sup> from 12pm—1pm about Food Safety 101. We will talk about how to stay food safe. The second one is on Tuesday, July 27<sup>th</sup> from 12pm – 1pm about No More Mealtime Madness. We will focus on meal planning and using what you have in your pantry to make meals your family will enjoy. Register online at [go.ncsu.edu/fcsregistration](https://go.ncsu.edu/fcsregistration)



### Cinnamon Apple Slices

#### Ingredients

- 3 honey crisp apples, cut into ¾ inch slices
- 3 Tbsp melted butter
- 3 tsps. Cinnamon
- 2 Tbsp honey

#### Directions

Brush your apple slices with the melted butter on both sides. Grill your apples indirectly for about 6 minutes on each side, or until grill marks magically appear. As soon as you pull them off the grill, sprinkle the top of the apples with cinnamon and drizzle honey on them.

**NC COOPERATIVE EXTENSION**

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