

For Immediate Release

Giant Food Offers Food Safety Tips & Healthy Ideas for Grilling Season

Practicing Food Safety at Home is Easy

Landover, Md. (May 12, 2011) – Get ready to fire up the backyard grill! May is National Barbecue Month, marking the start of grilling season. Giant Food of Landover, Md. wants to make sure customers' barbecues are safe and healthy by keeping food safety top of mind when grilling.

When preparing meats for grilling, marinate foods in the refrigerator, not on the counter or outdoors. If the marinade is to be used as a sauce on the cooked food, keep some of it in a separate container before adding the raw meat, poultry or seafood. Sauce used to marinate raw meat should never be reused.

The best way to know if meat is cooked thoroughly is to use a meat thermometer and check that it's the proper temperature. Before removing from the grill, insert a meat thermometer halfway into the thickest part of the meat, making sure it does not go through to the other side. The reading takes about 15-20 seconds and should reach the following temperatures to avoid harmful bacteria:

- All hamburgers made with ground beef need to be cooked to an internal temperature of 160° F. Ground beef can still be pink inside and cooked to a safe 160° F, so color is not always a true indicator.
- Ground and whole poultry should be cooked to 165° F. Chops, steaks and roasts from beef, veal or lamb are properly cooked at 145° F for medium rare, 160° F for medium and 170° F for well done.
- For pork, the meat thermometer should read 150° F for chops and roast.

Don't forget to make room for veggies on the grill too! The heat of the grill caramelizes the natural sugars in vegetables, resulting in loads of flavor without the need for added sugar, salt or fat. Try cutting romaine hearts in half lengthwise, brush with olive oil and season with salt and pepper. Sear the cut edge on a preheated grill for a unique smoky flavor. Or skewer marinated vegetable chunks and grill. Make sure to use a separate marinade from what the raw meat was in. Grill similar items together. Some, like cherry tomatoes, will grill quickly, while peppers and onions will take longer to reach desired doneness.

Also try grilling fruit. Grilled pineapple, peaches and plums make a great dessert when drizzled with honey and sprinkled with cinnamon.

Use a clean plate and utensils for serving. Cooked food should not be placed on the same plate that previously held raw food including meat, poultry or seafood. Refrigerate any leftovers promptly after serving and within two hours of cooking. When in doubt, throw it out.

For additional grilling and food safety tips, stop by your neighborhood Giant Food and speak with a meat department associate or visit www.giantfood.com.

About Giant Food of Landover, Md.

Giant Food LLC, headquartered in Landover, Md., operates 177 supermarkets in Virginia, Maryland, Delaware, and the District of Columbia, and employs approximately 22,000 associates. Included within the 177 stores are 162 fullservice pharmacies. Giant is owned by Ahold USA, Inc. For more information on Giant, visit www.GiantFood.com.