

NEWSLETTER

Whole School. Whole Community.

Whole Child.

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National Grilling Month

School is out and July is here! Spend summer celebrating the warmer months by grilling with family and friends! Check out these tips to grill and prepare your barbecue meats safely.

Distance matters! Grills are more convenient when they are easily accessible such as on the back deck or on the patio. Grills that are placed too close to the house may heat up and start a fire. Be sure to keep at least 10 feet of space between your grill and the side of the house, deck rails, and fencing. Also, make sure your grill is on a flat, even surface! When placed on a slant or hill, they may tip over and cause a fire.

Create a “safe zone”: Summer is the time to run around outside without a care in the world. Except, it is essential to care about how close your children or pets get to an open flame. Talk to your young kids about the dangers of getting too close to a fire pit or grill. Never leave kids or pets unattended around an open flame.

Cooled Coals: Did you know that charcoal can stay hot for up to 24 hours? If you are grilling at a public place such as a park, it is important to clean up so a fire does not occur once you leave. Once the coals have cooled, place them in a metal can.

Outside, only! It may sound silly to some, but it's important to emphasize that you should never use a grill indoors. Although tempting to set up your grill in the garage or under a covered balcony, grills are strictly meant to be outdoors where there is plenty of ventilation.

Keep a **3-foot safe zone** around your grill to keep kids and pets safe.



Clean your grill after each use to remove grease that can start a fire.

Clean your grill: Before and after every use, it is important to clean your grill. Left over grease found on a grill can cause a fire. Looking to deep clean your grill now that summer is here? [Here's How to Get Your Grill Ready for Summer.](#)

Food Prep Safety

We all love to grill in the summer, right?! (*well, maybe we know someone who loves to grill!*) The first step to a good BBQ is preparing the food! Check out these steps below to safely prepare your BBQ goodies!



Separate: Food shopping can become hectic, especially when it is crowded, your kids have joined the trip, and you mistakenly left your coffee at home. Although it is not always easy, keeping meat, poultry and seafood separate from your other groceries is essential. Use plastic bags near the meat section of your supermarket to help prevent meat from contaminating other foods.

Chill: Keep beef, poultry and seafood refrigerated (or frozen) until it is ready to be used. Are you in charge of bringing the meat to the BBQ? Remember to keep it at 40°F or below in an insulated cooler.

Thaw & Marinate: As for every meal, the seasoning and marinade make meat taste the best! Do this safely by always thawing and marinating your meat in the refrigerator. Because harmful germs can multiply quicker at room temperature, ensure never thaw or marinate on the counter.

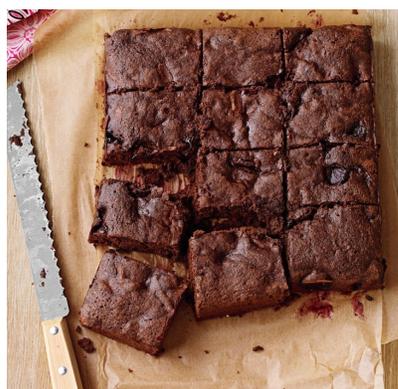
Clean, Clean, Clean! Washing your hands with soap before and after handling raw meat, poultry, and seafood is key to a safe meal. Harmful germs can stick on surfaces anywhere from [4 to 32 hours!](#) Wash all work surfaces, utensils, and the grill before and after cooking.

Time to cook! Use a food thermometer to make sure meat is hot enough. Check out this [Cook to a Safe Minimum Internal Temperature](#) chat to ensure your food is thoroughly cooked!

Pretty please, with cherries on top?

Did you know that July 16th is National Cherry Day!? Click on the pictures below help put together some wonderful snacks to celebrate!

Cooking Corner



As always, our [School Health Team](#) is available to provide additional resources regarding school health topics. Please feel free to reach out to us any time with feedback or requests for resources. We are dedicated to improving the health and wellness of your school and community! Contact [Michaela](#), for assistance. We would love to hear from you!

