

## Eat to Compete .... The Team Barbecue

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Team barbecues are a great way to celebrate the end of a season, or to build team spirit during the season. Here are a few things to think about when planning your team barbecue.

Keepin' it clean...

Anytime you're working with food, you need to have clean hands. Soap and water is your best option for washing your hands. The next best thing is liquid hand sanitizer. If there won't be running water at your barbecue, make sure you have hand sanitizer with you. Consider a couple of bottles so the team can clean their hands before chowing down.

Chillin' out...

How are you going to keep things cold? Whether you're grilling smokies, burgers, chicken or steak, you need to keep these foods cold until it's time to fire up the barbecue. Cold means cold - less than 4C - which can be a challenge if it's 20C outside and there's no fridge in sight. Make sure you have plenty of ice in the cooler, or plug in an electric cooler. Electric coolers blow cold air around the foods so make sure you pack the cooler loosely, and be careful not to block the air vent.

When do we eat...

How will you know when it's safe to let the team to dig in? You don't want blackened hotdogs, and you definitely don't want burgers that are pink inside. Take away the guesswork, and the stress, by using a digital meat thermometer to check if the food. You can find digital thermometers in the gadget aisle in larger grocery stores, and in kitchen specialty shops.

Check out this web site, [www.canfightbac.org/en/cookwell/charts/](http://www.canfightbac.org/en/cookwell/charts/), to see what temperature your food should be cooked to.