




# CommonHealth WEEKLY WELLNOTE

*Simple, science-backed guidance for a healthier workforce*




## Spotlight on Summer Safety: Food Safety and Grilling Out


During the summer, cross-contamination while grilling is a major food safety concern and a leading cause of foodborne illness. This happens when juices from raw meats or bacteria from unsanitized items come into contact with cooked or ready-to-eat foods, spreading harmful bacteria that can make you sick. Learn how to reduce your risk of food poisoning by following these simple rules for grilling.



**Use Separate Plates for Uncooked and Cooked Food** - Do not put cooked foods back on plates that had raw foods on them. Always wash plates or serving trays in hot soapy water between uses or use separate plates: one for bringing raw meat, poultry, and seafood to the grill and a separate clean plate for taking cooked foods off the grill.



**Clean Utensils or Use Separate Utensils as You Grill** - After using tongs or spatulas to put raw meats, seafood, or poultry on the grill, clean them thoroughly with hot soapy water before using them again to remove cooked foods. If cleaning while grilling is too much, consider using two sets of utensils: one set for raw meats and the other set for cooked foods.



**Leave Dishtowels in the Kitchen** - Using the same dishtowel multiple times to wipe your hands and clean up spills at the grill can spread bacteria. Instead, prevent cross-contamination by using paper towels or disposable wipes to clean spills when grilling. Save the dishtowels for drying your clean hands and dishes.

*Source: Academy of Nutrition and Dietetics*

### Try It This Week: Marinate Mindfully

Pause before reusing marinade that was on raw meats, seafood, or poultry. Always boil any leftover marinade before using it on cooked meats to destroy harmful bacteria. An even better practice is to plan ahead and make extra marinade. Use part to marinate the raw food and set aside a separate portion to use on cooked foods.

While cooking, never use the same brush to baste both raw and cooked meats with the marinade. Always use a different brush or one that has been washed in hot soapy water.



### Benefits Buzz: Minute with a Manager

Managers and supervisors can receive monthly wellness tips to create a culture of wellness for your team.

Delivered right to your inbox, these health education messages are designed to empower managers and their team to create healthy habits for self-care and a productive workforce.

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## Nominate Your 2025 Wellness Champion Now

Take a moment this summer to acknowledge a fellow employee for creating an environment of wellness and encouraging you to be your best.

Who  
inspired  
YOU in  
2025?



NOMINATIONS:

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*Recognize the good!*