



GRILL SMART AND SAFE

One of the biggest grilling weekends is just days away and still confusion about a link between grilling and cancer abounds. The secret to safe grilling that cuts the risk of carcinogens lies in what you grill and how you grill it. Research has shown that vegetables and lean protein are better than red meat and that marinating food before it hits the grill can significantly reduce carcinogens during grilling. Create your own mojo marinade with a bevy of herbs and spices—cilantro, lemon, oregano, cumin and garlic. Citrus tenderizes the turkey and keeps it moist throughout grilling.

Recipe: Mojo Marinated Grilled Turkey

- Grill Smart This Season:

http://www.aicr.org/site/News2?page=NewsArticle&id=15485&news_iv_ctrl=2303

FIRE SAFETY

Each year, the fire service responds to an estimated 6,500 grill fires. These fires account for 150 civilian injuries, less than 5 civilian deaths, and \$27.6 million dollars in property loss. Of these grill fires, 71% occur in residential areas.

Step 1: Keep a fire extinguisher near the grill at all times.

Step 2: Keep a phone close.

Step 3: Place the grill several feet away from a house or vehicle. If the fire gets out of control, it could quickly move to other nearby items.

Step 4: Turn off the gas if the fire is in the grill itself. This will stop feeding the fire.

Step 5: Close the lid.

Step 6: Shut the gas tank off if the fire is in the hose itself. If you are unable to reach the knob, use the fire extinguisher and call 911. The fire may quickly move to the tank which would be extremely hazardous.

Step 7: Clear the area and call 911 if the fire is in the tank.

*****For more information and safety tips please go to:**

<http://www.cpsc.gov/cpscpub/prerel/prhtml97/97128.html>

Everyday 911: how do I put out a grease fire?

You're frying something for dinner and *whoosh*-the pan erupts into flames. What now?

- Using an oven mitt, slide a tight-fitting lid over the pan (don't just plop it on-you risk spreading the fire, says Lorraine Carli, spokeswoman for the National Fire Protection Association.
- Or use a large baking sheet
- Turn off heat source
- Finally, move the pan to a cool burner

NEVER put a grease fire in the sink, cover with a wet cloth, throw salt on the flames, or use a fire extinguisher.

IF the fire escapes the pan, don't try to put it out. Get out of the house and call the fire department.

HAVE A SAFE AND HAPPY MEMORIAL DAY!!