

EVERYONE HAS A HAND IN SAFE GRILLING

Getting your family involved in outdoor meal preparation is as simple as 1-2-3. It's a great way for busy families to spend time together and presents the perfect opportunity for parents to role model proper food preparation and grill safety. When all members of the family play their part in making the meal a success, they take pride in the role they've played and will enjoy eating their prepared dish even more.

Here are some simple and safe ways your kids can get involved in outdoor meal preparation this summer:

Grilling Prep

- Help choose the recipe.
- Help pick the ingredients while grocery shopping.
- Suggest appetizers and side dishes to accompany the grilled meal.

Food Preparation

- Measure the ingredients used in the recipe.
- Create or stir marinades.
- Create or mix rubs.
- Get the ingredients from the pantry or the refrigerator.
- Wash the ingredients.
- Help carry the ingredients to the grill.
- Assemble the grilling accessories that will be used while grilling.
- Set the table.

Safe Grilling

- Hold the plate while grilled items are taken off the grill.
- Make sure parents follow safe grilling practices.
- Brush the marinade on grilled items.
- Help assemble the food (put toppings on burgers, for instance).
- Put garnishes on finished grilled food.
- Make sure parents turn off the burners when finished grilling.

Clean-up

- Clear the table.
- Clean the food preparation area.