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**GET YOUR GRILL ON, IT IS NATIONAL BARBECUE MONTH!**  
*Kick Off Summer Grilling With Helpful Hints and Tips from HPBA!*

*Pasadena, CA* – May is National Barbecue Month and kicks-off to the peak grilling and season. It's also a prime time for grillers to investigate the latest grilling and accessories.

As the May to September peak outdoor cooking season approaches, consumers can expect to state-of-the-art grills, smokers and outdoor living products in specialty stores catering to families who choose to save money by eating more meals at home.

A 2009 Hearth, Patio & Barbecue Association (HPBA) National Barbecue Month Consumer Poll revealed that beef is the number one choice for an outdoor cooking menu (28%). This was followed by chicken (23%), then seafood including salmon, shrimp and lobster (19%). Some consumers prefer going meatless and instead grill vegetables (five%).

“Last year we saw a rise in home entertaining,” says Patricia Rosengren, Executive Director of HPBA Pacific. “I believe that this will only grow, as people know that spending quality time with your family is fun and financially wise.”

She also stresses the safe operation of grills and offers reminders:

1. Position your grill in an open area away from buildings and high traffic.
2. When lighting any grill, always keep the lid open.
3. Check propane tank levels or charcoal supply before the day of the barbecue.
4. Wear clothing that does not have hanging shirttails, frills or apron strings.
5. Always marinate in the refrigerator, never on the counter.
6. Trim the excess fat from meat to avoid flare-ups.
7. Place vegetables and fruits at the outer edge of the grill to prevent burning.
8. Always use long-handled barbecue utensils to avoid burns and splatters.
9. To minimize the loss of juices, use tongs or spatulas to move or turn meats instead of a fork.
10. Use a meat or “instant read” thermometer to ensure meat is cooked thoroughly. As a guideline, poultry 180°F (breasts 170°F); beef, lamb, veal roasts/steaks 145°F to 160°F; any burgers 160°F; all pork 160°F.

For these and other tips, please visit [www.hpbapacific.org](http://www.hpbapacific.org).

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