

(858) 264-5780

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**CELEBRATE MAY & NATIONAL BBQ MONTH!
PLEASE REMEMBER TO GRILL SAFETY!**

**FOR THE MONTHS OF MAY & JUNE
COWGIRLQ IS DONATING 10% OF OUR CATERING SALES
TO THE SAN DIEGO FIRE RESCUE FOUNDATION - SDFIRERESCUE.ORG**



SAN DIEGO
FIRE RESCUE
FOUNDATION



May is National Barbecue Month and COWGIRLQ Catering wants you to Keep Grilling Safety in Mind! This year we have partnered with THE SAN DIEGO FIRE-RESCUE FOUNDATION and are proud to share that **CowgirlQ Catering will be donating 10% of their sales during the months of May and June to help provide enhanced resources for the San Diego Fire-Rescue Department.**

Grill fires are an unfortunate reality of summertime, and according to the National Fire Protection Association, they peak during the summer, making it incredibly important that you take steps to ensure grill safety.

"We are pleased to partner with CowgirlQ Catering to celebrate National Barbecue Month," said Wendy Robinson, Executive Director of the San Diego Fire-Rescue Foundation. "Not only will we be able to provide enhanced support for our firefighters through donations from CowgirlQ Catering's sales, but we hope that this partnership will help raise awareness of grilling safety so that everyone can enjoy barbecuing this summer without worry."

The San Diego Fire-Rescue Foundation understands how important it is for families to stay safe while grilling and they have put together some tips on how you can keep your family safe when using a grill:

1. Always supervise your grill when in use; never leave a lit barbecue unattended.
2. Keep your grill at least 10 feet away from any buildings or other flammable items.
3. Make sure your grill is stable before using it; if it wobbles, adjust the legs or move it onto a more level surface.
4. Use long-handled utensils specifically designed for cooking over an open flame.
5. After finishing grilling, make sure all burners are shut off and any coals used have cooled completely before disposing of them properly.
6. Invest in a carbon monoxide detector/smoke alarm by your outdoor cooking area as an extra precaution.

"I discovered firsthand the importance of our firefighters when my home caught fire last year, so this partnership is personal for me," shares Lisa Richards, founder of CowgirlQ Catering. "Thankfully, they responded quickly, and my property damage was minimal. So, whether you're hosting a lavish catered event or a casual cookout, safety is incredibly important." The San Diego Fire-Rescue Foundation welcomes public and corporate donations to further strengthen the San Diego Fire-Rescue Department. **To learn more or to donate, visit www.sdfirerescue.org.**

FOR MORE INFORMATION ABOUT COWGIRLQ CATERING

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