

HOLIDAY FOOD SAFETY TIPS

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IS IT DONE?

- You can't tell if meat is safely cooked by looking at it
- Insert a meat thermometer at the densest part of foods and check for these temps:
 - Turkey/Poultry - 165°F (74°C)
 - Beef Roast - 145°F (63°C)
 - Fresh Ham - 160°F (71°C)
 - Fully-cooked Ham - 140°F (60°C)

WASH PRODUCE

- Thoroughly rinse all produce under running water
- Cutting through produce, like melons, can transfer bacteria from the surface into the flesh
- Even pre-washed produce should be rinsed

AVOID CROSS-CONTAMINATION

- Between tasks, wash counters, cutting boards, utensils, and hands with hot, soapy water
- Use separate utensils, tools, and prep areas for raw meat and ready-to-eat foods

SAY NO TO DOUGH

- Do not eat raw dough or batter for cakes, pies, cookies, biscuits, etc.
- Raw eggs can be dangerous to consume
- Uncooked flour can also harbor bacteria such as *E. coli*

THAWING

- The safest way to thaw frozen turkey is in the refrigerator
- Place in pan on bottom shelf
- General rule: 24 hours of thaw time for every 5 pounds

BE ALLERGY AWARE

- Food allergies can be life-threatening – alert guests of any allergens in food, such as nuts
- Ask guests ahead of time about any allergies
- Do not allow allergens to get into food – don't mix utensils, mixing bowls, etc.

TURKEY COOKING (+ STUFFING)

- Roast your bird at no lower than 325°F (163°C)
- Food safety experts advise cooking stuffing in a separate dish
- Stuffing inside the bird can be contaminated with bacteria such as *Salmonella*
- Stuffing cooked inside the bird should reach an internal temperature of at least 165°F (74°C)

KEEP LEFTOVERS SAFE TO EAT

- Cool and store leftovers properly to prevent bacteria growth
- Break large and thick foods into smaller portions
- Use shallow containers for quicker cooling
- Don't tightly cover containers until food is fully cooled
- Cool hot foods to at least 70°F (21°C) within 2 hours; then to 41°F (5°C) or below within a total of 6 hours from the initial start of cooling
- Freeze leftovers that won't be eaten within 3-4 days
- Reheat leftovers to at least 165°F (74°C)

SEASONAL DRINKS

- Purchase eggnog, apple cider, and other seasonal beverages labeled PASTEURIZED to avoid potentially harmful pathogens

HITTING THE ROAD?

If you're traveling with food, use insulated carriers or coolers to keep hot foods hot and cold foods cold.

