

# Enjoy a Safe and Healthy Holiday Meal!



## HERE ARE SOME TIPS TO HELP YOU STAGE A SAFE AND DELICIOUS HOLIDAY DINNER FROM YOUR KITCHEN!



### STEP 1: CLEAN

Frequent cleaning and sanitizing **keep bacteria and viruses from spreading** throughout the kitchen and contaminating food.

Use a dilute bleach solution (1 T. unscented liquid bleach + 1 gallon of water) to sanitize after you have cleaned. Spray the solution onto surfaces and cutting boards, let stand a few minutes, then rinse and dry with clean paper towels.

**Rinse fruits and vegetables** under running tap water just before eating or cooking. Scrub firm-skinned produce, such as apples and potatoes, with a clean produce brush. Blot dry with clean cloth or paper towel.

**Wash hands** with warm water and soap for at least 20 seconds before and after handling food. Wash cutting boards, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.



### STEP 2: SEPARATE

Bacteria and viruses spread when raw meat, poultry, seafood, and eggs or their juices come into contact with other foods.

Don't cross-contaminate. Keep raw meat and poultry apart from foods that won't be cooked.



### STEP 3: COOK

Relying on color or poking with a fork to check for doneness is guesswork and puts you and your family at risk. Cook to safe temperature. Use a food thermometer - you can't tell food is cooked safely by how it looks.

#### SAFE MINIMUM INTERNAL TEMPERATURES

as measured with a food thermometer

<b>Beef, pork, veal and lamb</b> (roast, steaks and chops)	<b>145°F</b> with a three-minute "rest time" after removal from the heat source
<b>Ground meats</b>	<b>160°F</b>
<b>Poultry</b> (whole, parts or ground)	<b>165°F</b>
<b>Eggs and egg dishes</b>	<b>160°F</b> , but cook eggs until both the yolk and the white are firm; scrambled eggs should not be runny
<b>Leftovers</b>	<b>165°F</b>
<b>Finfish</b>	<b>145°F</b>

#### GUIDELINES FOR SEAFOOD

<b>Shrimp, lobster, crabs</b>	Flesh pearly and opaque
<b>Clams, oysters and mussels</b>	Shells open during cooking
<b>Scallops</b>	Milky white, opaque and firm

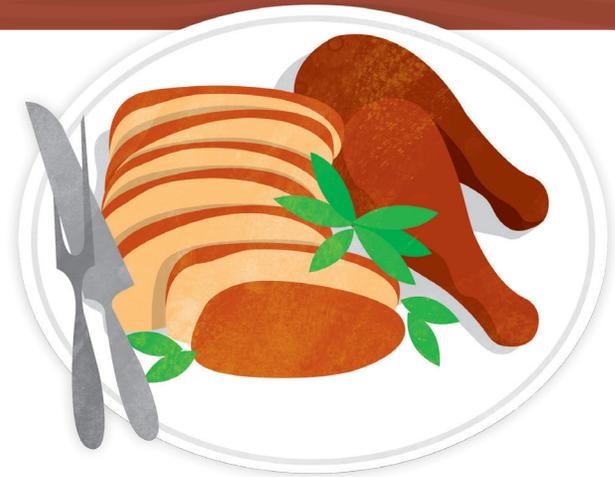


### STEP 4: CHILL

Bacteria multiply fastest between 40°F -140°F (4°C - 60 °C); this is known as the "Danger Zone." Chill leftovers and takeout foods within 2 hours. Keep fridge at 40 °F or below.

# TURKEY HANDLING

- Make space in your fridge or freezer (rearrange items, move shelves) for the bird!
- Purchase 1lb or more of turkey for each person you plan to serve.
- Fridge thawing frozen turkey - leave in original packaging, place in a shallow pan, allow 24 hours thaw time for each 4-5 pounds of meat
- Cold water thawing- leave in original packaging, place in a clean and sanitized sink or pan, submerge in cold water, change the cold water every half hour, allow a ½ hour thaw time for each pound of meat, and cook immediately.
- Keep the neck and giblets (if using for gravy) refrigerated until they are going to be cooked.



- Cook the turkey to an internal temperature of **165°F**, as measured by a food thermometer in the thickest part of both the bird's thigh and breast.
- **A stuffed turkey will take longer to cook than an unstuffed turkey.** The stuffing inside must cook to **165°F** as well.
- Let the turkey stand for 20 minutes after removing from the oven before carving.

## LOVE LEFTOVERS?

### SO DO WE!

**Get them into the fridge within 2 hours.**

Reheat or freeze turkey and stuffing within 3-4 days. Use gravy within 1-2 days. If you slice and freeze the cooked turkey, it will keep for up to 3-4 months! Reheat leftovers to **165°F**, they should be hot and steaming. Bring gravy to a boil to reheat.

## CONVENTIONAL OVEN ROAST TURKEY

### 12-14 lb Unstuffed Turkey

Roasting @ 325°F takes 3 to 3.75 hours. Use a food thermometer to be sure the internal temp reaches 165 °F!

Size/temp/time chart available at [www.fightbac.org](http://www.fightbac.org)

## RESOURCES

U.S. Food and Drug Administration Hotline  
1-888-SAFEFOOD  
[www.fda.gov/Food](http://www.fda.gov/Food)

U.S. Department of Agriculture Meat and Poultry Hotline  
1-888-MPHOTLINE  
[www.AskKaren.gov](http://www.AskKaren.gov)

