Holiday Food Safety Basics

SAFE

FUN

EASY

TASTY

The Partnership for Food Safety Education
The Holidays are supposed to be happy, right?
Holiday Celebrations

You want them to be:

• SAFE
• FUN
• EASY
• TASTY
Food Safety Basics – a Holiday Refresher

4 Core Home Practices

CLEAN

SEPARATE

COOK

CHILL

Consistent practice is important to your family’s health!

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Clean
Wash hands and surfaces often

**Why?** Bacteria can spread throughout the kitchen and get on hands, utensils and countertops.

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.

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Separate
Don't cross-contaminate


- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

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Cook

Use a food thermometer

Why? Improper heating & preparation of food means bacteria can survive.

- Use a **food thermometer** which measures the internal temperature of cooked meat, poultry and egg dishes, to make sure that the food is cooked to a safe internal temperature.
- Cook roasts and steaks to a minimum of 145 °F with a 3-minute rest time. Cook poultry to a minimum internal temperature of 165 °F. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer.
- Bring sauces, soups and gravy to a boil when reheating. Heat other leftovers thoroughly to 165 °F.
Chill
Refrigerate promptly

Why? Bacteria grows fastest between 40 °F and 140 °F. Proper chilling is important to reducing risk of illness.

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than 2 hours before putting them in the refrigerator or freezer (1 hour when the temperature is above 90°F).
- Never defrost food at room temperature.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

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Holiday Leftovers Safety Quiz

1) How long can you keep leftover perishable foods safely in the refrigerator?

2) What temperature should your refrigerator be at for safe leftovers?

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Q: How long can you keep leftover perishable foods safely in the refrigerator?
A: Leftovers should be eaten or frozen within 3-4 days. Reheat to 165 °F. Remember to chill leftover turkey, stuffing & other foods within 2 hours of your feast.

Q: What temperature should your refrigerator be at for safe leftovers?
A: Your fridge should be 40 °F or colder. Use an appliance thermometer to measure fridge temperature!
1) What is the safe temp for turkey?

2) How can you tell your turkey is done?
Q: What is the safe temp for turkey?
A: Cook turkey to a safe minimum internal temp of 165 °F.

Q: How can you tell your turkey is done?
A: Measure with a food thermometer! You can’t tell food is safely cooked by looking at it!
And always wash hands with water and soap before and after handling food!

Download the *Happy Fingers, Happy Hands* Handwashing Song
Visit Holidayfoodsafety.org for information and free downloads!

• **Safe** – kitchen, turkey, leftovers
• **Fun** – recipes & activities for kids
• **Easy** – organizers & shopping lists
• **Tasty** – menus, recipes & more!

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Other resources from the Partnership for Food Safety Education

www.fightbac.org

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