



FOOD SAFETY TIPS FOR HOLIDAY FEASTS



The federal Centers for Disease Control and Prevention estimates that **48 million illnesses, 128,000 hospitalizations, and 3,000 deaths** annually in the United States are related to foodborne diseases – don't be one of them! Follow these simple safety tips so you and your guests can enjoy the holidays in good health.

Cook foods to proper temperatures

- Before cooking, rinse poultry and seafood thoroughly in cold water and drain well.
- Always use a meat thermometer to ensure that meat is thoroughly cooked.

Food Item	Minimum Internal Temperature
Turkey, other poultry or ground poultry	165° F/74° C
Beef, pork, veal, and lamb steaks, roasts and chops	145° F/63° C With a three-minute rest time
Ground beef, veal and lamb	160° F/71° C
Stuffed meat, poultry and fish and any food stuffed with fish, meat or poultry	165° F/74° C
Eggs and foods containing raw eggs	Cook eggs until yolk and white are firm; Cook dishes containing raw eggs to 160° F/71° C
Leftovers <i>*Cooking times in microwaves may vary. Cooking whole, stuffed poultry in a microwave is not recommended. Foods cooked or reheated in microwaves should be stirred or turned occasionally to ensure that all parts of the food are thoroughly cooked.</i>	165° F/74° C or until hot and steaming throughout

Keep hands and food contact surfaces clean

- Always wash your hands with warm, soapy water before and after handling raw foods.
- Thoroughly clean all work surfaces, utensils and dishes with hot soapy water and rinse with hot water before and after each use.



DANGER ZONE
Bacteria reproduce rapidly at temperatures between 41° and 135°F

Refrigerating and Thawing Foods

- Refrigerate or freeze meat, poultry and seafood promptly after purchase.
- Perishable items, such as eggs, fresh fruit juices and pre-packaged fruits and vegetables, salad mixes, or fresh soup must be stored under refrigeration.
- Thaw frozen meat, poultry and seafood inside the refrigerator in its original wrapping.
- Thawing a turkey may take two to four days. Turkeys can also be thawed by placing the frozen turkey in a watertight wrapper and immerse in cold – not hot or warm – water until the meat is pliable. Change the water every half hour.
- Turkey may be defrosted in the microwave, but must be cooked immediately after microwave thawing.

Don't cross-contaminate

- Always wash fruits and vegetables in clean sinks under running water.
- Keep fruits and vegetables away from all raw meats, poultry, eggs, and fish
- When taste-testing food, ladle a small amount of it into a dish and taste with a clean spoon.