

Thanksgiving FOOD SAFETY

Poison centers receive thousands of calls about suspected food poisoning each year. Thanksgiving can be especially risky as people prepare special holiday meals for their loved ones. By taking a few simple food safety precautions, you can help prevent food poisoning and ensure a delicious and safe meal.



PREPARE



Wash your hands, kitchen surfaces, utensils, and cutting boards frequently, especially after handling uncooked food and before touching other foods. Wash produce but not eggs, meat, or poultry, which can spread harmful bacteria.



Use the microwave, cold water, or the refrigerator to defrost your meat or poultry. Do not thaw or marinate these items on the counter, and cook them immediately after thawing.



Keep meat, poultry, seafood, and eggs separate from all other foods at the store, in the refrigerator, and while prepping.

COOK

Use a food thermometer to check if meat is fully cooked and heated high enough to kill harmful bacteria. Cook turkey until it reaches 165° F.



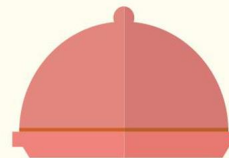
The safest way to cook stuffing is outside of the turkey in a casserole dish. If you cook stuffing inside the turkey, stuff the turkey just before cooking, and make sure the stuffing reaches a minimum internal temperature of 165° F.

The bacteria that cause food poisoning multiply quickest in the 'Danger Zone' - between 40° and 140° Fahrenheit. Keep hot food hot, and cold food cold!



STORE

Refrigerate leftovers promptly - within two hours - at 40° F or below to help reduce the risk of bacterial growth.



Prevent cross-contamination by completely and securely covering foods in the refrigerator.

Consume or freeze leftovers within 3-4 days.



If you have any questions about how to prevent food poisoning, the symptoms of food poisoning, or if you or someone you know suspects food poisoning, call the Poison Help line at 1 (800) 222-1222. Experts are available 24/7/365.



Source:
<http://www.cdc.gov/features/turkeytime/>
<http://www.foodsafety.gov/keep/events/thanksgiving/index.html>
<http://www.usda.gov/wps/portal/usda/usdahome>

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