

# THANKSGIVING Food Safety Tips



Gobble up safely by protecting your plate from unwanted guests this Thanksgiving!



Unwanted bacteria like Salmonella and E. coli can grow if safe food handling is not practiced.

Following these food safety tips help keep the holidays safe and healthy.

## Handwashing

Before, during, and after handling all foods



1. Wet



4. Rinse



2. Apply soap



5. Dry

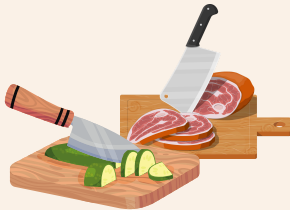


3. Lather and scrub for at least 20 seconds

(try singing "Happy Birthday" 2 times while scrubbing!)

## Sanitation

Clean all surfaces, dishes and utensils with hot water and soap after handling raw meats and poultry.



Assign separate cutting boards for raw meats and all other foods.

## Cooking

A turkey is properly cooked when the internal temperature is at least 165°F (74°C).

Image credit: CDC



## Stuffing

The risk of bacterial growth increases when cooking a stuffed turkey. Cooking stuffing in a separate casserole dish is recommended.



## Safe Defrosting Options



### In the Refrigerator (the safest method)

Defrost at a regulated temperature (40°F (4°C)) and in its original wrapping with a container underneath to catch leaks.



### Cold Water Defrosting

Submerge the turkey completely in cold water in its original wrapping and change the water every 30 minutes.

Once defrosted, the turkey must be cooked immediately.

After usage, thoroughly clean the cooler to prevent the spread of bacteria.

Keep Food Out Of The Danger Zone!



## Storing Leftovers

Refrigerated or freeze leftovers within 2 hours of preparation.

When promptly stored in the refrigerator: safe to eat up to 4 days.

When stored in the freezer: best quality if eaten within 2-6 months of freezing.



For additional information, visit USDA, FDA, CDC & CDPH's websites!