



AMADOR COUNTY PUBLIC HEALTH

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Thanksgiving Food Safety Tips

Amador County, CA -- With the holiday season around the corner, Amador County Public Health reminds the community of food safety tips to minimize the risk of foodborne illnesses.

“The key is keeping all foods out of the danger zone,” explains Dr. Rita Kerr, Amador County Health Officer. “Bacteria multiply rapidly at room temperature.” Health officials recommend keeping hot foods above 140°F and cold foods and leftovers below 40°F.

Since bacterial growth increases in food left at room temperature for more than two hours, it is recommended to refrigerate or freeze foods within two hours of preparation. Promptly refrigerated leftovers are safe to eat for up to four days. Frozen foods are of best quality if eaten within two to six months of freezing.

Keeping foods out of the danger zone includes defrosting and cooking as well. Defrosting turkey is best done in the refrigerator, not on the countertop. Do not rinse or stuff the bird before cooking, and cook the stuffing in a separate baking dish. A turkey is adequately cooked when a meat thermometer inserted into the thickest portion of the breast, the innermost part of the thigh, and the innermost part of the wing registers 165°F.

As Joanne Hasson, Director of Public Health, notes, “Preparing and storing foods safely will help keep loved ones safe and well as they gather around the table this holiday season.”

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