

# 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.



## DANGER ZONE

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

## Cook Foods to Proper Temperatures

- 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
Seafood including fin fish, shellfish, shrimp, crab, lobster, etc.	145 °F / 63 °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

## 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 immersing it 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.

## 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.

## 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.