

HEALTH & WELLNESS CORNER

Lincoln County | November 2015

STOP Foodborne Illness Let's Talk Turkey!

When Preparing the Meal

LOOK FOR POULTRY & MEATS RAISED WITHOUT ROUTINE USE OF ANTIBIOTICS

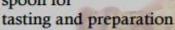
• Thaw turkey in the refrigerator (allow 1 day per each 4-5lbs) or in cold water changed every 30 minutes (allow ½hr per lb.)

Do not thaw on the counter! AVOID CROSS CONTAMINATION

- Wash hands before/during/after food prep!
- · Wash food prep surfaces, cutting boards and

utensils with soapy hot water between uses





- Keep raw and cooked foods separate
- Don't partially cook the night before
- Use a meat thermometer to ensure the thickest part of the turkey has reached an internal temperature of at least 165 °
- · Wash thermometer between readings

COOK STUFFING SEPARATELY FROM TURKEY

For more information, contact STOP Foodborne Illness: 800-350-STOP or

www.stopfoodborneillness.org

STOP Foodborne

.. America's Voice for Safe Food



KEEP HOT FOODS HOT, AND COLD FOODS COLD

- Put small amounts on serving platters, and replenish often when serving food USE PASTEURIZED EGGS
- Enjoy eggnog and meringues safely REFRIGERATE FOOD WITHIN 2 HOURS OF SERVING

When Storing Leftovers

STORE IN SEVERAL SHALLOW CONTAINTERS

- · Allow for air circulation in your fridge
- Cut turkey into smaller pieces so it can cool more quickly

EAT FOODS WITHIN 3 DAYS OF

REFRIGERATING

 Label and date all leftovers

 Keep food in the freezer to store for a longer time REHEAT LEFTOVERS TO

165° & BOIL ANY SAUCES (LIKE GRAVY)

