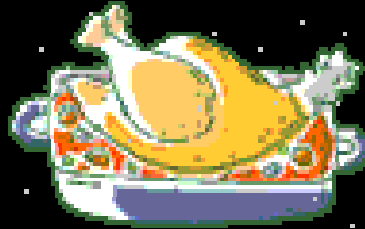




Holiday Food Safety for Consumers



The Basics

1. Clean
2. Cook
3. Chill
4. Separate

Clean: Wash hands and surfaces often



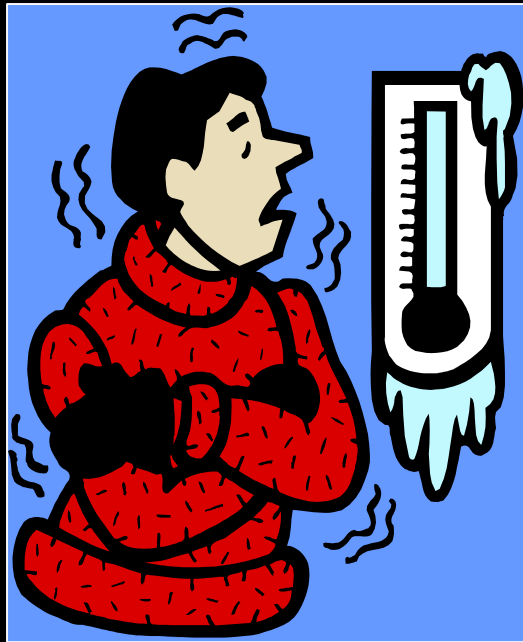
- **Wash hands in hot, soapy water before preparing food, and after using the bathroom, changing diapers or handling pets**
- **Wash cutting boards, knives, utensils, and counter tops in hot, soapy water after preparing each food item and before preparing the next one**
- **Use plastic or non-porous cutting boards and wash in hot, soapy water**

Cook to Proper Temperatures



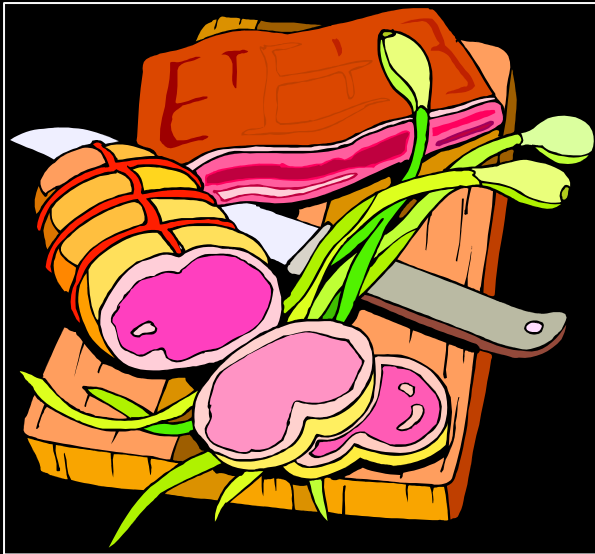
- **Use a meat thermometer**
 - Roasts and steaks, pork: 145° F.
 - Rare roast beef: 130 ° F.
 - Whole poultry: 165 ° F.
 - Ground meat: 155 ° F.
- **Eggs: yolk and white firm, not runny**
- **Fish: opaque, flakes easily with fork**
- **Microwave cooking:** insure no cold spots, through covering, rotating and stirring food
- **Reheating**
 - Bring to boil soups, sauces and gravy
 - Other leftovers: 165 ° F.

Chill: Refrigerate Promptly



- Refrigerate within 2 hours
- Defrost using the refrigerator, running water or microwave, **NEVER** on the counter
- Divide large amounts of leftovers into smaller, shallow containers for quick cooling
- Remove stuffing and refrigerate in a separate container
- Don't pack the refrigerator. Cool air must circulate to keep food safe

Separate: Don't Cross Contaminate



- **Separate raw meat, poultry and seafood from other food in shopping cart**
- **Store raw meat, poultry and seafood on the bottom of refrigerator so juices don't leak onto other foods**
- **Use one cutting board for raw meats and seafood**
- **Always wash cutting boards, knives and other utensils with hot soapy water after they come in contact with raw meat, poultry and seafood.**
- **Never place cooked food on a plate which previously held raw meat, poultry or seafood.**

Defrosting Turkey and Other Foods

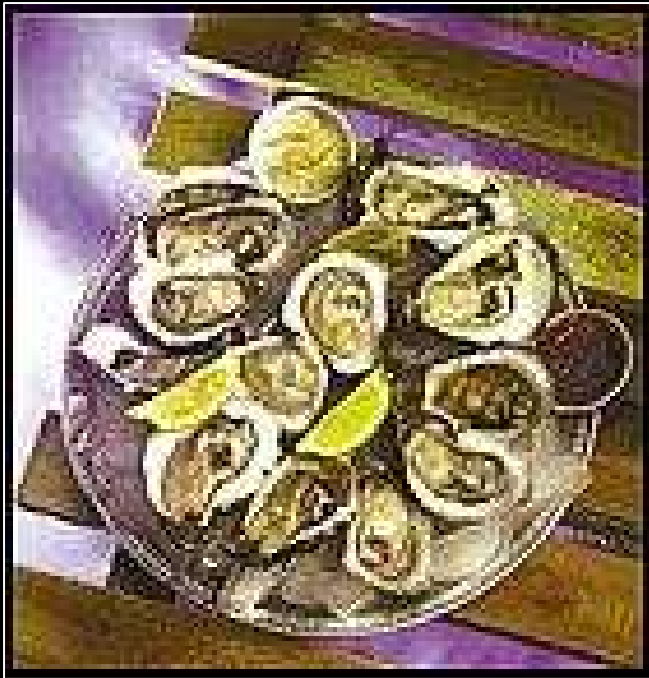
- The safest thawing method is in the refrigerator at 40° F.
- Plan ahead: a 16-20 lb. turkey can take
 - 4-5 days to thaw in the refrigerator
 - 8-10 hours to thaw in cold, running water
- **NEVER** thaw a turkey or any other food by leaving it on the counter

Leftovers

- Put leftovers away within 2 hours
- DO NOT leave turkey, stuffing and other foods on the table all day long so people can nibble
- Store large quantities in smaller, shallow containers to ensure rapid cooling
- Reheat leftovers to proper temperatures

Other Raw Animal Proteins: Oysters

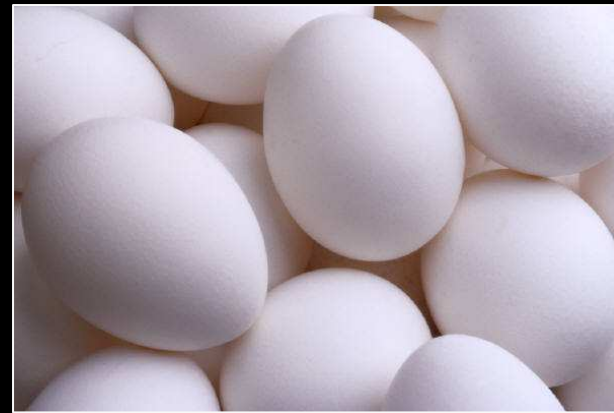
Raw oysters are often a part of holiday meals in Florida



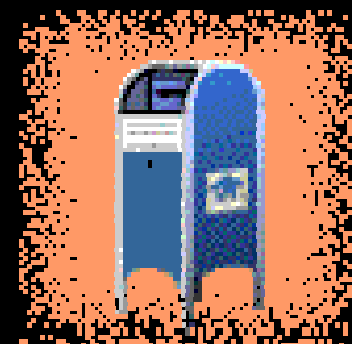
- Ensure that your oysters come from an approved source
- Wherever possible, eat oysters thoroughly cooked
- Refrigerate both shucked and unshucked oysters
- If you are an alcoholic, have a liver disease, diabetes, stomach problems or are immune compromised, you are at risk for a virulent disease called *Vibrio vulnificus* and should not eat raw oysters

Other Raw Animal Proteins: Eggs

- **Don't taste batter, filling, or raw cookie dough if it contains raw, unpasteurized eggs.**
- **People in at-risk groups should avoid eating foods that may contain raw or lightly-cooked eggs, such as:**
 - Caesar salad
 - Cookie dough
 - Eggnog and other egg-fortified beverages that are not thoroughly cooked
 - Homemade dressings -
 - Béarnaise
 - Hollandaise
 - Mayonnaise
 - Homemade ice cream
 - Mousse
 - Meringue
- You can use commercially-prepared forms of the foods listed above. They're often already cooked or pasteurized. Pasteurized eggs may be found in the refrigerator section of your local supermarket and are labeled "pasteurized."



Sending Mail-Order Foods



- Make sure the food is frozen solid or refrigerator cold.
- Use an insulated cooler or a heavy corrugated box packed with a frozen gel-pack, or purchase dry ice for keeping food cold.
- Alert the recipient and arrange a mutually-agreeable delivery date.
- Properly label the package “Perishable — Keep Refrigerated” on the outside, and provide a complete mailing address and phone number to ensure proper delivery.
- Ship your package by overnight delivery.

Receiving Mail Order Foods



- Open the package upon arrival.
- Make sure the food is still refrigerator cold.
- Immediately refrigerate or freeze the food.
- If it is not cold, do not eat it, and notify the shipper.

Cooking for Large Groups

- Follow the basic 4 food safety steps: clean, cook, chill, separate
- Plan ahead - you may need:
 - More time
 - Help
 - Additional cooking space
 - Additional refrigerator space
- Buffets
 - Keep cold food cold, hot food hot
 - Use clean containers and utensils for serving
 - Store leftovers promptly



Resources

- **USDA/FSIS Meat and Poultry Hotline: 1-888-674-6854**
 - You may speak with a food safety specialist -- in English or Spanish -- from 10:00 a.m. to 4:00 p.m. Eastern time on weekdays year round.
 - The Hotline is closed on Federal government holidays, with the exception of Thanksgiving Day. Hours of operation on Thanksgiving are 8:00 a.m. to 2:00 p.m., Eastern Time.
- **Web Resources and Pamphlets**
 - **Seasonal Food Safety Advice:**
 - <http://www.foodsafety.gov/~fsg/holiday.html>
 - http://www.fightbac.org/holiday_fact.cfm
 - **National Turkey Federation:**
 - <http://www.eatturkey.com/consumer/main.html>

Remember

When in Doubt, Throw It Out !

