

# Food Safety and Turkey Tips

## *Why are we concerned about the food safety during the holidays?*

Millions of people get sick from foodborne illnesses every year. During the holidays you are more likely to cook larger amounts of food which makes food safety more challenging.

## *What is the safest way to prepare meat or poultry?*

- **Thaw foods safely** - Thaw in the refrigerator, under cold running water, or in the microwave. If you thaw food in the microwave, continue cooking immediately.
- **Keep everything clean during preparation** - Wash hands with warm, soapy water before preparation, after handling raw meat or eggs, sneezing/coughing, using the bathroom, changing diapers, or handling pets. Clean preparation surfaces with hot, soapy water. Use clean separate utensils and plates when handling and preparing raw meat or eggs.
- **Cook meats thoroughly** - Use a meat thermometer to ensure poultry and any stuffed or ground meat is cooked to 165°F. Cook fish and pork to at least 145°F and hamburger to 155° F. Never partially cook raw meats to warm later.
- **Serve it safely** - Always serve food with clean utensils. Never leave perishable food out of the refrigerator for more than 2 hours. Keep cold foods cold (keep on ice) and hot foods hot (use warming trays or a crockpot) when serving.
- **Store foods safely** - Cool all leftovers to 41°F within six hours after serving. Eat leftovers within three days or freeze if you want to store longer.



*For more information:* [www.cdc.gov/Features/TurkeyTime](http://www.cdc.gov/Features/TurkeyTime)



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