

## **HOLIDAY SAFETY**

As you prepare for holiday meals, it is time to remind the “chefs” and their helpers about safe food handling to prevent food borne illness.

**Clean:** Always wash your hands in hot soapy water before and after preparing food. Wash cutting boards, utensils, knives, and countertops after preparing one food and before preparing the next item. **IMPORTANT:** **Wash all produce before serving.**

**Separate: DO NOT** cross contaminate foods! Store raw poultry, meat, and seafood on either the bottom shelf of the refrigerator or on a tray to prevent juices from dripping onto other foods. To prevent cross contamination, never place cooked food on any unwashed plates that held raw poultry, meat, or seafood. **IMPORTANT: WASH HANDS immediately after handling RAW FOOD.**

**Cook:** Cook foods to proper temperatures! **IMPORTANT:** The amount of time needed to cook each turkey depends on the weight of the bird. Bake stuffing to 165°F *separately* from turkey (stuffing in the center of the bird often does not reach 165°F). Hot foods should not be left at room temperature for more than two hours.

**Chill:** Keep cold foods cold (hold at 40°F or colder). If foods are not stored properly, bacteria can multiply rapidly. Perishable foods should not be left at room temperature. **IMPORTANT:** Refrigerate or freeze leftovers promptly.

**Drink:** Alcohol poisoning should always be a concern especially around the holidays when curious children and pets have greater access to cocktails. Empty all glasses and/or cans that contain alcohol as promptly as possible.

**IMPORTANT: DO NOT drink and drive. DO NOT serve alcohol to minors, even in your own home!**

For more information on food poisoning risks and treatment call:

**The Poison Center Hotline 1-800-222-1222** (accessible 24 hours/day)