

Holiday Food Safety Basics



The Partnership for Food Safety Education

cooking

visitors

cleaning

shopping

traveling

working



The Holidays are supposed to be happy, right?

Holiday Celebrations

You want them to be:

- **SAFE**
- **FUN**
- **EASY**
- **TASTY**



Food Safety Basics- a Holiday Refresher

4 Core Home Practices

CLEAN



SEPARATE



COOK



CHILL



Consistent practice is important to your family's health!



Clean

Wash hands and surfaces often

Why? Bacteria can spread throughout the kitchen and get on hands, utensils and countertops.



- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.



Separate Don't cross-contaminate

Why? Cross-contamination is how bacteria spreads. Keep raw meat, poultry, seafood and eggs away from ready-to-eat foods.



- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.



Cook

Use a food thermometer

Why? Improper heating & preparation of food means bacteria can survive.



- Use a [food thermometer](#) which measures the internal temperature of cooked meat, poultry and egg dishes, to make sure that the food is cooked to a safe internal temperature.
- Cook roasts and steaks to a minimum of 145 °F with a 3-minute rest time. Cook poultry to a minimum internal temperature of 165 °F. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer.
- Bring sauces, soups and gravy to a boil when reheating. Heat other leftovers thoroughly to 165 °F.



Chill

Refrigerate promptly

Why? Bacteria grows fastest between 40 °F and 140 °F.
Proper chilling is important to reducing risk of illness.



- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than 2 hours before putting them in the refrigerator or freezer (1 hour when the temperature is above 90°F).
- Never defrost food at room temperature.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.



Holiday Leftovers Safety Quiz

1) How long can you keep leftover perishable foods safely in the refrigerator?

2) What temperature should your refrigerator be at for safe leftovers?



Answers

Q: How long can you keep leftover perishable foods safely in the refrigerator?

A: Leftovers should be eaten or frozen within 3-4 days. Reheat to 165 °F. Remember to chill leftover turkey, stuffing & other foods within 2 hours of your feast.

Q: What temperature should your refrigerator be at for safe leftovers?

A: Your fridge should be 40 °F or colder. Use an appliance thermometer to measure fridge temperature!



Turkey Safety Quiz

- 1) What is the safe temp for turkey?
- 2) How can you tell your turkey is done?



Answers

Q: What is the safe temp for turkey?

A: Cook turkey to a safe minimum internal temp of 165 °F.

Q: How can you tell your turkey is done?

A: Measure with a food thermometer! You can't tell food is safely cooked by looking at it!



And always wash hands with
water and soap before and after
handling food!

[Download the *Happy Fingers, Happy Hands* Handwashing Song](#)

Visit Holidayfoodsafety.org for information and free downloads!

- **Safe** – kitchen, turkey, leftovers
- **Fun** – recipes & activities for kids
- **Easy** – organizers & shopping lists
- **Tasty** – menus, recipes & more!



Other resources from the Partnership for Food Safety Education

- ✓ www.fightbac.org
- ✓ www.teamfoodsafety.org



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*Merry
Christmas*