

HOLIDAY FOOD SAFETY TIPS



WASH YOUR HANDS



Use soap and warm water before and after preparing food, after touching raw meat, raw eggs, or unwashed vegetables, and before eating or drinking.

SAFELY THAW MEAT



The best place to thaw meat is on a plate on the bottom shelf of a refrigerator. You may also submerge it in a sink under cool running water that is changed every 30 minutes.

KEEP FOOD SEPARATED



Keep raw meat, poultry, seafood, and eggs separate from each other and ready-to-eat foods like fresh produce. The safest place to store raw meat is on a plate on the bottom shelf of a refrigerator. When preparing food, wash cutting boards and utensils with hot soapy water before and after use.

COOK MEAT THOROUGHLY



Use a food thermometer to ensure that meat has been cooked to the safe minimum temperature. Poultry should be cooked to 165F. Measure the temperature in the thickest part of the meat for 15 seconds.

Happy
Holidays!



KEEP FOOD OUT OF THE "DANGER ZONE"

Keep hot food hot and cold food cold. Hot food should be kept at or above 135F and cold foods should be kept at or below 41F.