

# Let's Talk Turkey

## Five Tips for a Happy and Healthy Holiday

1

### Keep Your Hands And Cooking Area Clean

Always wash your hands before and after handling food. Keep your kitchen, dishes and utensils clean also. Always serve food on clean plates -- not those previously used to hold raw meat and poultry. Bacteria which may have been present in raw meat or poultry juices can cross contaminate cooked food items and cause illness.

2

### Use A Thermometer To Check Temperatures

A whole turkey/chicken must be cooked to a minimum internal temperature of 165 °F throughout the bird. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. Pork and egg dishes should be cooked to 160 °F. Undercooked foods can cause illness.

3

### Keep Hot Foods **HOT** And Cold Foods **COLD**

Hot foods should be held at 140°F or warmer. On the buffet table you can keep hot foods hot with chafing dishes, slow cookers, and warming trays. Cold foods should be held at 40°F or colder. Keep foods cold by nesting dishes in bowls of ice. Otherwise, use small serving trays and replace them.

4

### Remember The Two-Hour Rule

Foods should not sit at room temperature for more than two hours. Keep track of how long foods have been sitting on the buffet table and discard anything there two hours or more.

5

### Store And Reheat Leftovers Properly

Cut the turkey into small pieces; refrigerate stuffing and turkey separately in shallow containers within 2 hours of cooking. Use leftover turkey and stuffing within 3-4 days or freeze these foods. Reheat thoroughly to a temperature of 165 °F or until hot and steaming.

Source: United States Department of Agriculture

