

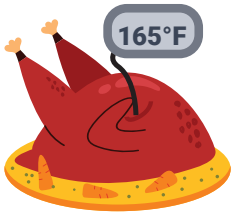
**STAY HOME
IF YOU'RE
FEELING SICK**
to keep your loved
ones healthy!

Five Happy & Healthy Thanksgiving Tips!



1 Keep your hands, cooking area and dishes clean.

- Wash your hands before and after handling food.
- Keep your kitchen, dishes and utensils clean.
- Always serve food on clean plates. Bacteria from plates used to hold raw meat and poultry can cross contaminate cooked food items and cause illness.



2 Use a thermometer to check temperatures.

Undercooked foods can cause illness.

- Cook turkey or chicken 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.
- Pork and egg dishes should be cooked to 160°F.



3 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.



4 Keep hot foods **HOT** and cold foods **COLD**.

- Hot foods should be held at 140°F or warmer. 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.



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.
- Reheat thoroughly to a temperature of 165°F or until hot and steaming.

Have questions?

Call 770-339-4260. Ask for the Epi on Call.

Source: United States Department of Agriculture

