



Food Safety Tips for Thanksgiving



From: Florida Department of Health in Miami-Dade County, The Office of Community Health and Planning

With so many different dishes being prepared on Thanksgiving, food safety becomes especially important. Follow these food safety tips when preparing your feast:

Keep it Clean

- Wash hands with soap under warm water for 20 seconds before and after handling food, especially raw meat or poultry, to avoid cross-contamination.
- Use hot water and soap to clean counters, cutting boards, dishes and silverware before and after preparing each food item.
- To remove surface dirt from fruits and vegetables always wash them under running water.

Cooking Foods

- Use a food thermometer to make sure meat, poultry, and fish are cooked to a safe internal temperature - typically 165 degrees.

USDA Recommended Safe Minimum Internal Temperatures				
145 °F with a 3-minute rest time	145 °F	160 °F	160 °F	165 °F

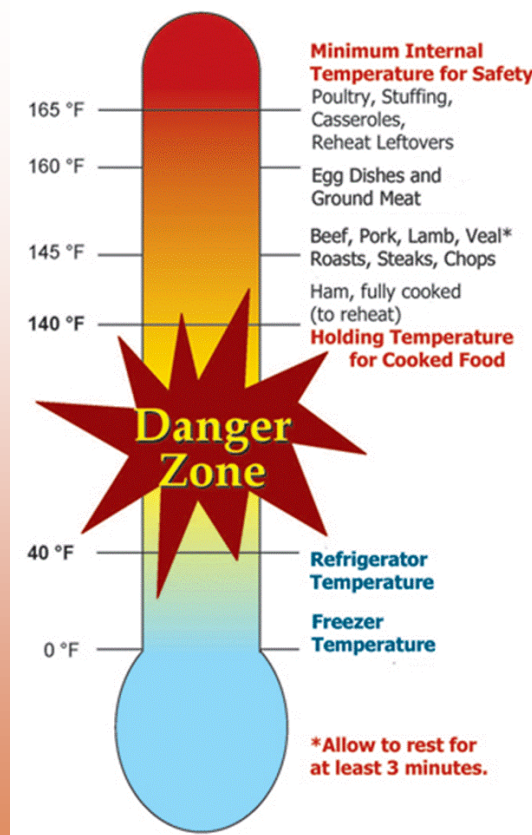
Proper Foods Temperatures

- Keep hot foods at 140 degrees or warmer with chafing dishes, slow cookers and warming trays.
- Keep cold foods at 40 degrees or colder. Place serving dishes in an ice bowl and store moist desserts, such as pumpkin pie and cakes with whipped frosting, in refrigerator until ready to serve.
- Never let food sit out at room temperature for more than two hours.

Store Leftovers Safely

- Divide leftovers into shallow containers before storing in the refrigerator or freezer.
- Never defrost food at room temperature. Reheat foods to an internal temperature of 165 degrees in a microwave or oven.
- Eat leftover food within three to four days.

Source: <http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets>



Call USDA Meat & Poultry Hotline for food safety questions:
1-888-MPHotline
1-888-674-6854