A Safe Holiday Meal

Follow these simple steps to ensure a safe holiday meal

SHOP SAFELY

Keep fresh fruits and vegetables separate from raw meat and poultry.

Store perishable foods quickly: within 30 minutes.

PREPARE SAFELY

WASH HANDS, SURFACES, AND UTENSILS between EACH FOOD-PREP STEP

Never thaw frozen meat on the counter. THAW FORMULA: 24 HOURS FOR EVERY 4 POUNDS OF MEAT

Thaw it in the refrigerator instead.

A FOOD THERMOMETER IS THE ONLY WAY TO KNOW THAT MEAT HAS BEEN COOKED TO A SAFE TEMPERATURE!

Keep hot foods above 140°

Refrigerate cold foods at 40°

COOK TURKEY AND CHICKEN TO 165° F

STORE SAFELY

Store leftovers in shallow containers for faster cooling.

EAT or STORE cooked foods within 2 hours.

& eat the leftovers within 3 days.

REHEAT LEFTOVERS TO 165° F!

Distributed by the Texas A&M AgriLife Extension Service

Adapted from www.holidayfoodsafety.org

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