

# A Safe Holiday Meal



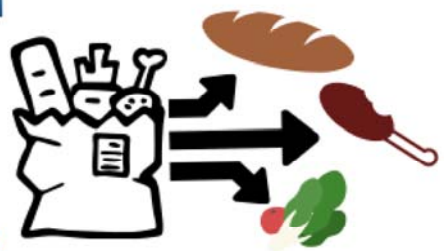
Follow these simple steps to ensure a **SAFE** holiday meal

## 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!**



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Adapted from [www.holidayfoodsafety.org](http://www.holidayfoodsafety.org)

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