

#### Remember the Basics:

# Clean, Cook, Chill, Separate

#### Clean

- ■Wash hands, utensils, and surfaces before and after food preparation.
- ■Especially wash after preparing meat, poultry, eggs, or seafood.

### **Cook to Proper Temperatures**

- ■Cook food to proper internal temperature.
- ■Check for doneness with a food thermometer.

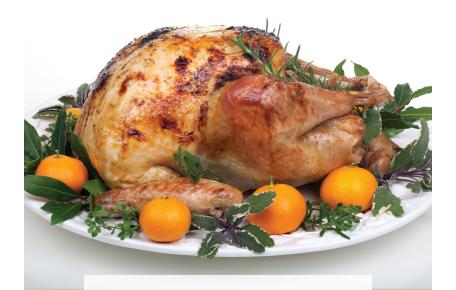
### Chill—Refrigerate Properly

- ■Refrigerate or freeze perishables, prepared food and leftovers within two hours.
- ■Make sure the refrigerator is set at no higher than 40° F and the freezer is set at 0° F.

## Separate—Don't Cross Contaminate

■Keep raw meat, poultry, eggs and seafood and their juices away from ready to eat food.





#### **Defrosting Turkey & Other Foods**

- ■The safest thawing method is in the refrigerator at 40° F.
- ■Plan ahead: a 16–20 lb. turkey can take: 4–5 days to thaw in the refrigerator 8–10 hours to thaw in cold, running water
- ■**NEVER** thaw a turkey or any other food by leaving it on the counter.

#### **Leftovers**

- ■Put leftovers away within 2 hours.
- ■DO NOT leave turkey, stuffing and other foods on the table all day long so people can nibble.
- Store large quantities in smaller, shallow containers to ensure rapid cooling.
- **Reheat leftovers** to proper temperatures: 165° F.

For more information call the USDA/FSIS Meat and Poultry Hotline.

1-888-MPHotline (1-888-674-6854)

FloridaHealth.gov