



## 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 two 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**