



# Holiday Food Safety

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**