

EFNEP Newsletter

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Keep Food Safe During the Holidays

PREPARING *your* FEAST



**WASH HANDS, SURFACES
& UTENSILS** *between* **EACH
FOOD-PREP STEP.**

THAW FORMULA: 4 LBS. PER 24 HOURS

Thaw frozen turkey in a refrigerator in its original packaging. Stuff turkey just prior to cooking.

**COOK TURKEY
BREAST &
STUFFING to**

165°F

Temperature is the only indicator that food is cooked for quality and safety. Turkey thighs are best at 175°F.

Keep hot foods above 140°F. Refrigerate all cold foods until ready to serve (40°F).

Rinse fresh fruits and vegetables just before using or consuming unless labeled "ready-to-eat" or "pre-washed."

Check out www.fightbac.org for all the information you need to keep your holiday foods safe this year.

Remember, before shopping for your holiday dinner, make room in the refrigerator and freezer. Buy a food thermometer if you do not have one. It's the safest way to make sure your turkey is thoroughly cooked.