



Food Handling Tips for Holiday Feasting

WASH: Wash your hands for at least 20 seconds with soap and water before and after preparing food.

CLEAN: Wash produce. Rinse fruits and vegetables in running tap water to remove visible dirt and grime. Remove outer layers of cabbage and lettuce and discard.

SEPARATE: Avoid cross-contaminating foods by washing hands, utensils, and cutting boards after they have been in contact with raw meat or poultry and before they touch another food. Put cooked meat on a clean platter, rather than back on the one that held the raw meat.

COOK: meat, poultry and eggs thoroughly. Use a meat thermometer to ensure proper internal temperature.

Beef, pork, and lamb	160° F
Poultry	165° F
Eggs & Egg dishes	160° F
Ham	145° F
Casseroles & leftovers	165° F
Seafood (until flesh is opaque)	145° F

CHILL: Refrigerate leftovers promptly. Bacteria can grow quickly at room temperature so maintain less than a 4 hour window after cooking until refrigeration.

A Few Notes about Food-Borne disease

More than 48 million Americans get sick from food borne disease each year, according to the U.S. Centers for Disease Control and Prevention. Following a few simple, common-sense guidelines can make food safe.

Food shouldn't be handled by anyone who has a cold, flu, diarrhea or hepatitis. Don't handle food if you have infected cuts, burns or lesions on the hands or lower arm.

Remember, you can't tell whether meat is safely cooked by looking at it. Any cooked, uncured red meats – including pork – can be pink, even when the meat has reached a safe internal temperature. Use the guide on the opposite side for the recommended safe internal temperatures.

Defrost food in the refrigerator, not on the kitchen counter. Or use cold running water, or the microwave oven. For marinating food, use the refrigerator for the suggested time, rather than on a counter at room temperature.

While most cases of food-related illnesses are not serious and last only a couple days, some exposures can turn more serious. Seek medical attention if any of the following symptoms occur:

- high fever (temperature over 101.5 F, measured orally)
- blood in the stools
- prolonged vomiting that prevents keeping liquids down (which can lead to dehydration)
- signs of dehydration: a decrease in urination, a dry mouth and throat, and feeling dizzy when standing up.
- diarrheal illness that lasts more than 3 days