

Holiday Food Safety

- **Hand washing** – Properly done, this is the most important step. Count to 10 while washing with soap and warm water.
- **Washing kitchen items** – Use hot, soapy water to wash cutting boards, utensils, and any other food preparation items.
- **Washing surfaces** – Use soap, water, and a disposable paper towel to clean surfaces that have touched raw meat, fish, or poultry.
- **Thawing** – Never thaw frozen items on the countertop. Defrost in the refrigerator or by using a microwave oven.
 - **Refrigerator method:** Thaw 4 hours per pound for 2 or 3 days for an average sized turkey.
 - **Cold water method:** Leave the turkey in its original bag. Place the bag in the sink and cover completely with cold water. Change the water every 30 minutes. This method takes about 30 minutes per pound or 6 – 9 hours for an average sized turkey. Once thawed, the turkey must be used within 7 days. Keep leftover turkey cold in the refrigerator.
- **Preparation** – You know your turkey is done when your instant-read thermometer registers these temperatures:
 - **Breast:** 165 degrees
 - **Thigh:** 170 to 180 degrees
 - **Stuffing:** 165 degrees
- **Serving** – Food kept at room temperature for 2 hours or longer could cause food poisoning.

Turkey Hotline Numbers

- USDA Meat & Poultry Hotline: 800.535.4555
- Butterball Turkey Talk-Line: 800.288.8372
- Ocean Spray Consumer Help: 800.662.3263

Websites

- www.norbest.com
- www.butterball.com
- www.fsis.usda.gov (USDA Food Safety and Inspection Service)
- If you suspect a poisoning, call the **Rocky Mountain Poison Center** anytime day or night at **1-800-222-1222**.

“Be Smart, Keep Kids and Poisons Apart”

