

# LET'S TALK TURKEY

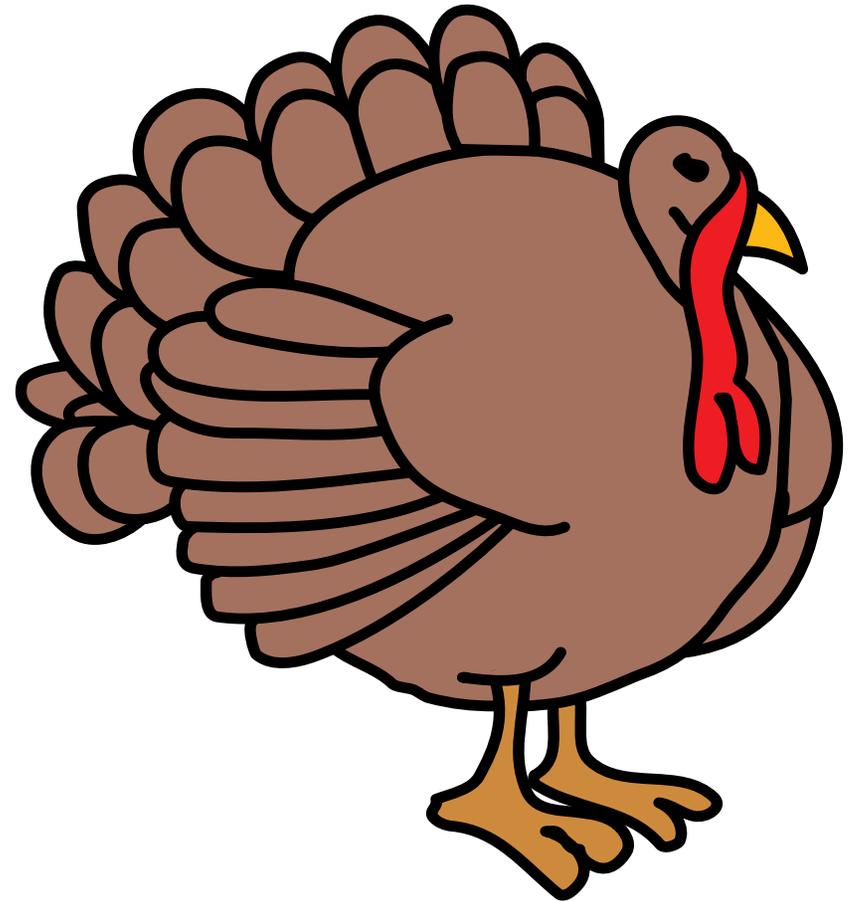
With food as the central focus of many holiday gatherings, it's no surprise that the number of food-borne illnesses increases during the holidays. In a time crunch, many cooks take shortcuts in the kitchen that facilitate the spread of germs and harmful bacteria. Improper handling, preparation, cooking or storage could result in cross-contamination, the major source of food poisonings. The following information will help you enjoy a healthy holiday feast. If you have any questions, the Upstate New York Poison Control Center is available 24 hours a day, 365 days a year.

## DO ...

- Do** keep turkey in its original wrapping, refrigerated until ready to cook.
- Do** make sure the sell-by-date has not expired.
- Do** defrost a frozen turkey by refrigeration or a cold water bath.
- Do** allow one day for every 5 lbs. in the refrigerator. In a cold water bath, change the water every 30 minutes. A 20 lb. turkey will take 12 hours to defrost in cold water.
- Do** use a meat thermometer to check if the turkey is done. The turkey should cook until the internal temperature reaches 180–185 degrees.
- Do** pierce the turkey in the thickest area of the thigh, making sure the juices run clear not pink.
- Do** remove the stuffing immediately after the turkey is cooked.
- Do** store the turkey and stuffing separately.
- Do** store leftover turkey in the refrigerator and use within 3–4 days.
- Do** store leftover stuffing and gravy in the refrigerator and use within 1–2 days.

## DON'T ...

- Don't** defrost a turkey at room temperature. Bacteria can multiply on outer layers before inner layers have defrosted.
- Don't** leave an uncooked thawed turkey out of the refrigerator longer than 2 hours.
- Don't** partially cook the turkey one day and continue roasting the next day.
- Don't** stuff the bird the night before cooking.
- Don't** leave leftovers out on the counter longer than 3 hours.
- Don't** store leftover stuffing in the bird.
- Don't** re-freeze a thawed uncooked turkey.



Dialing 1.800.222.1222 will connect you to the Poison Control Center in your area. To contact the Upstate New York Poison Control Center business office, dial 1.315.464.7078.

Visit our website at [www.upstatepoison.org](http://www.upstatepoison.org)

