

TIPS FOR A SAFE THANKSGIVING:

Food is often a central theme around the Thanksgiving holiday, including pies and turkeys. Unfortunately, busy schedules often lead to shortcuts in the kitchen which can lead to the spread of germs and harmful bacteria. Improper handling, preparation, cooking or storage leads to cross-contamination, the primary cause of food poisoning.

LET'S TALK TURKEY

- Wash your hands before handling any food. Wash any utensil or plate used with the raw turkey. Use a clean knife and platter for the cooked turkey to avoid cross-contamination.
- Here are three safe ways to thaw a frozen turkey: in the refrigerator, in cold water, or in the microwave. The best way is to thaw in a 40 °F or below refrigerator at a rate of 1 day per 5 pounds. Avoid refreezing a thawed turkey.
- Use a meat thermometer when cooking a turkey and check the internal temperature: • **Thigh: 180°F • Breast: 170°F • Stuffing: 165°F**
- Stuff turkey immediately before cooking and always remove all stuffing right after cooking to avoid bacteria growth. Never store the turkey with stuffing still inside.
- Save these numbers:
Upstate New York Poison Center: 1-800-222-1222
USDA Meat and Poultry Hotline: 1-888-674-6854
- **DON'T FORGET:** Keep hot foods hot and cold foods cold. Rotate or reheat every two hours to avoid getting sick.



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