

Thanksgiving Tips for a Wholesome and Safe Holiday.

1. Thawing the turkey or any meat product on the counter might seem easier, but it's not safe. **Thaw your turkey in the refrigerator, in cold water, or in the microwave oven.**

2. As tempting as it is to leave out for all to admire, your pumpkin pie contains milk and eggs, so first bake it to the safe minimum internal temperature of 160 °F, then **refrigerate after baking.**

3. Using the same spoon for stirring and tasting is bad manners and oh yeah, it can spread bacteria and viruses.

4. No matter how good it looks, you can only tell if a whole turkey is safely cooked when the internal temperature reaches 165°F. **Always use a food thermometer.**

5. Wash hands with soap and warm water for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, or handling pets.

6. Never stuff your turkey the night before cooking it. To avoid harmful bacteria growth and food poisoning, the wet and dry ingredients can be prepared the night before and refrigerated separately. Mix the ingredients and stuff the turkey just before cooking.

7. More leftovers than usual? **Refrigerate leftovers in shallow containers within 2 hours of cooking and use within 3-4 days or freeze. Reheat thoroughly to 165 °F.**

Learn more about holiday food safety at:
www.foodsafety.gov

