

food shopping

DO

- Check foodsafety.gov for recalled foods before planning holiday meals
- Separate raw meat and poultry from other foods in shopping cart
- Put raw meat and poultry in individual plastic bags to guard against cross-contamination
- Make grocery shopping the last trip before heading home

*Make a list.
Check it twice.*

Food safety experts share tips for healthy holiday meals.



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food thermometers

DO

- Use to ensure meat, fish, and poultry are cooked to safe-to-eat temperatures
- Place in thickest part of food but not touching bone, fat, or gristle
- Start checking temperature toward end of cooking time, but before food should be done
- Clean with hot soapy water before and after each use

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leftovers

DO

- Discard perishable foods unrefrigerated for 2 hours or more; 1 hour in air temps above 90 °F
- Cut whole roasts, hams, and turkeys in pieces before refrigerating; keep turkey legs, wings, and thighs whole
- Wrap or cover and refrigerate (40 °F or below) or freeze in shallow dishes as soon as possible; eat within 3-4 days

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prep steps

DON'T

- Thaw foods at room temps where germs can rapidly multiply
- **INSTEAD:** Defrost foods safely in cold water, refrigerator, or microwave
- Wash meat, eggs, or poultry; this doesn't sanitize and can spread germs through water droplets
- **INSTEAD:** Kill germs by cooking meat and poultry thoroughly AND washing hands for 20 seconds with soap and water after handling raw meat, poultry, or eggs

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raw?

DON'T

- Use raw eggs in unbaked holiday treats
 - **INSTEAD:** Opt for pasteurized eggs in eggnog recipes and provide eggless cookie dough for nibblers; Cook eggs thoroughly before serving
- Forget rest times when cooking with microwave ovens
 - **INSTEAD:** Check the wattage before cooking and follow the recipe or package instructions exactly—including rest time (additional cooking that occurs after the microwave stops)

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at the table

DON'T

- Let double-dippers leave germs for other guests
 - **INSTEAD:** Encourage guests to spoon dip and goodies on their plates
- Scrimp on clean serving utensils and toothpicks
 - **INSTEAD:** Provide plenty of both; Put utensils in an easy-to-reach container with the handle-side up

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after

DON'T

- Let the germs camp out on your holiday table, kitchen counter, or in doggie bags waiting to go home with guests
- **INSTEAD:** Refrigerate all leftovers within 2 hours of serving then wipe tables, counters, and other kitchen surfaces with warm soapy water or disinfectant

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