

# HOLIDAY FOOD SAFETY

## Clean

- ✓ Always wash hands with warm, soapy water before and after handling raw foods, after using the restroom, after touching face, sneezing or coughing.
- ✓ Dry hands with single-use paper towels.
- ✓ Thoroughly clean work surfaces, utensils, dishes, knives and cutting boards with warm, soapy water before use.
- ✓ As an extra precaution, you can use 1 tablespoon of liquid bleach in 1 gallon of water to sanitize washed surfaces & utensils or use an automatic dishwasher with an NSF approved sanitizer cycle.

## Chill

- ✓ Refrigerate or freeze meat, poultry, or seafood as soon as possible.
- ✓ Check “expiration” and “use by” dates on pre-packaged foods and juices before consumption.
- ✓ Refrigeration should be kept at 41°F or below.
- ✓ Thaw frozen meat, poultry, or seafood in original packaging in the refrigerator or immerse in warm running water.
- ✓ **PLAN AHEAD:** Moderate size turkeys can take 2 to 4 days to thaw.
- ✓ Do not thaw foods on countertops at room temperature.

## Leftovers:

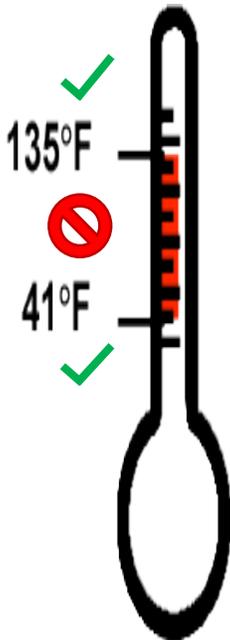
- ✓ Turkey should be de-boned, sliced or pulled in pieces and refrigerated within two hours after being cooked. Meat, stuffing, and gravy should be stored in separate containers and refrigerated.
- ✓ When reheating leftovers, they should be heated at least to 165°F.

## Separate

- ✓ Always wash fruits and vegetables in clean sinks under running water.
- ✓ Keep fruits and vegetables away from raw meats, poultry, or eggs. Use separate cutting boards.
- ✓ When tasting food, place in a small dish and taste with a clean spoon.

## Cook

- ✓ Rinse meats thoroughly in cold water before cooking.
- ✓ Use meat thermometer to ensure meat is cooked thoroughly:
  - 145°F for 15 sec.: Fish, beef, veal, lamb, pork, and game animal.
  - 155°F for 15 sec.: Ground beef, veal, lamb, and pork.
  - 165°F for 15 sec.: Whole or ground poultry and stuffed poultry or fish.
- ✓ Cooking whole, stuffed poultry in a microwave is not recommended.
- ✓ Keep food hot after cooking above 135°F.
- ✓ Dispose of food if it has been left out for more than four hours in the danger zone (41 - 135°F).
- ✓ When cooling food, it must be rapidly cooled from 135 to 41°F or below within six hours, in which the first two hours the temperature drops from 135 to 70°F. Use ice baths to cool food, or place in shallow containers and in small or thin portions.



County of Santa Clara Department of Environmental Health (DEH) works to safeguard public health and ensure food provided to consumers is safe, unadulterated, and honestly presented, by regulating the food sold or distributed to the public. Through the use of risk-based food safety guidelines and inspections, we work to reduce the risk of food-borne illness among consumers.