

## December 2010: Holiday Food Safety

### *December is...*

### *A time to practice Food Safety for the health of your family and friends.*

The holiday's are a time to celebrate with family and friends. Unfortunately, it is also a time for sharing foodborne illnesses that cause food to spoil and make people sick. Keep in mind these safety tips on food preparation and left-over food handling to make your holiday memories special ones.

#### SAFE FOOD HANDLING

- Wash hands with soap and water before, during, and after food preparation.
- Make sure working areas are clean.
- Use a separate cutting board for meats and fruits and vegetables.
- Avoid putting cooked foods on surfaces that have touched raw food.
- Avoid wiping your hands that have touched raw foods with dish towels.
- Always serve food on clean plates and platters.
- Cook meats to the proper internal temperatures. Be sure to use a food thermometer to check those temperatures.

#### MEAT TEMPERATURES

Meat	Temp
Beef, Veal, Lamb	145°
Pork	160°
Poultry	165°
Ground Meats	160°

#### TWO-HOUR RULE

During your meal, keep track of how long foods sit out. Foods should not sit out at room temperature for more than 2 hours.

#### REMEMBER

Always keep hot foods HOT and cold foods COLD.

For additional information:

[www.fsis.usda.gov/factsheets](http://www.fsis.usda.gov/factsheets) or [www.holidayfoodsafety.org](http://www.holidayfoodsafety.org)

### *Did you know...?*

Each year in the United States, approximately 76 million people become sick from foodborne illnesses. The most common foodborne bacteria are Staphylococcus aureus, Clostridium perfringens and Listeria monocytogenes. These bacteria cannot be seen, tasted or smelled.

#### LEFT-OVER SAFETY TIPS

- Store left-over food in shallow storage containers.
- Reheat leftovers to 165° F as measured with a food thermometer.
- When microwaving left-over's, cover, stir, and rotate food for even cooking. Make sure there isn't any cold spots in food.

#### COLD STORAGE FOR LEFT-OVERS

Product	Refrigerator (40° F)	Freezer (0° F)
Fresh Turkey (whole)	1 to 2 days	2 to 3 months
Fresh Turkey (pieces)	1 to 2 days	9 months
Cooked Meats & Meat Casseroles	3 to 4 days	2 to 3 months
Vegetable Casseroles	3 to 4 days	2 to 3 months
Gravy & Meat Broth	1 to 2 days	2 to 3 months
Cooked Poultry Casseroles	3 to 4 days	4 to 6 months
Stuffing (cooked)	3 to 4 days	1 month
Ham (cooked, store-wrapped)	3 to 7 days	4 to 6 months

### Questions or Comments?

Contact Us!

449 S. Meridian Street

Ravenna, Ohio 44266

Phone: (330) 296-9919

Email: [pchd@portageco.com](mailto:pchd@portageco.com)

<http://www.co.portage.oh.us/healthdepartment.htm>