

A Safe Holiday Meal



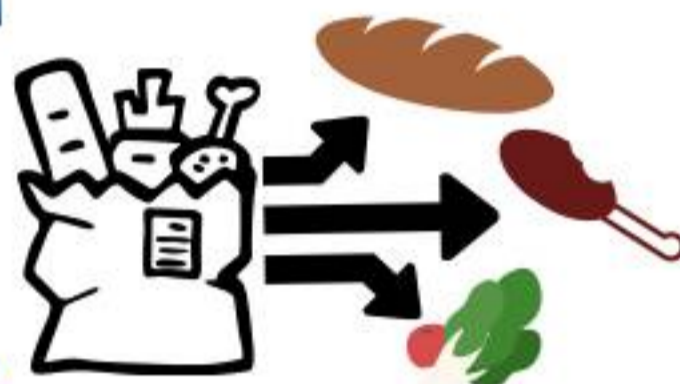
Follow these simple steps to ensure a **SAFE** holiday meal

SHOP SAFELY

Keep fresh fruits and vegetables **separate** from raw meat and poultry

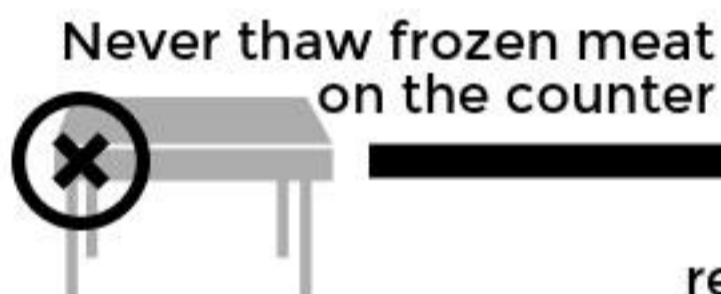


Store perishable foods quickly: within **30 minutes**



PREPARE SAFELY

WASH HANDS, SURFACES, AND UTENSILS *between* EACH FOOD-PREP STEP



Never thaw frozen meat on the counter

THAW FORMULA: 24 HOURS FOR EVERY 4 POUNDS OF MEAT

Thaw it in the refrigerator instead



A FOOD THERMOMETER IS THE ONLY WAY TO KNOW THAT MEAT HAS BEEN COOKED TO A SAFE TEMPERATURE!



Keep *hot* foods above **140°**

Refrigerate *cold* foods at **40°**



COOK TURKEY AND CHICKEN TO

165° F

STORE SAFELY

Store leftovers in shallow containers for faster cooling

EAT or STORE 2 hours (& eat the leftovers within 3 days)
cooked foods within



REHEAT LEFTOVERS TO 165° F!



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Adapted from www.holidayfoodsafety.org

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