



FOR IMMEDIATE RELEASE

Turkey Talk

According to the U.S. Centers for Disease Control and Prevention, one in six Americans (48 million) will get sick from dangerous food-borne bacteria this year. The holiday meal and its preparation is the centerpiece of the Thanksgiving celebration and safe food handling in the kitchen is a very important part of the holiday. To keep your friends and family safe from food poisoning there are certain steps that everyone should know:

DO ...

- **DO** ask all kitchen helpers to wash their hands using warm water and soap for 20 seconds before and after handling food.
- **DO** keep turkey in its original wrapping, refrigerated until ready to cook.
- **DO** defrost a frozen turkey by refrigeration or cold running water.
- **DO** allow one day for every 5 pounds to defrost in the refrigerator. In a cold water bath, change the water every 30 minutes. A 20-pound turkey will take 12 hours to defrost in cold water and should be cooked immediately after thawing.
- **DO** use a meat thermometer to check if turkey is done. The turkey should cook until the internal temperature reaches a safe minimum internal temperature of 165 degrees F.
- **DO** remove the stuffing immediately after the turkey is cooked.
- **DO** store the turkey and stuffing separately.
- **DO** store leftover turkey in the refrigerator and use within 3-4 days.
- **DO** store leftover stuffing and gravy in the refrigerator and use within 1-2 days.

DON'T...

- **DON'T** defrost a turkey at room temperature. Bacteria can multiply to unsafe numbers on outer layers before inner layers have defrosted.
- **DON'T** leave an uncooked thawed turkey out of the refrigerator longer than 2 hours.
- **DON'T** partially cook the turkey one day and continue roasting the next day.
- **DON'T** prepare food if you are sick or have any nose or eye infection.
- **DON'T** leave leftovers out on the counter longer than 2 hours.
- **DON'T** store leftover stuffing in the turkey.
- **DON'T** re-freeze a completely thawed uncooked turkey.
- **DON'T** stuff turkeys as it makes it difficult for the internal temperature to reach 165°F within a safe period of time. If you must stuff your turkey, stuff it lightly before cooking and leave room for the oven to cook the interior of the turkey and stuffing.