



CERT will not meet in November and December 2022 due to the holidays! Our next meeting is tentatively scheduled for January 18, 2023. See you then! HAPPY THANKSGIVING!!

Let's Talk Turkey and Food Safety!



Did you know that an estimated 1 in 6 Americans will get sick from food poisoning this year alone? Food poisoning not only sends 128,000 Americans to the hospital each year – it can also cause long-term health problems. You can help keep your family safe from food poisoning at home by following these four simple steps: **clean, separate, cook, and chill.**

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:
Safe to store the turkey for another 1 – 2 days in the refrigerator.
This is the USDA recommended thawing method.

How to thaw:
Allow approximately 24 hrs. for every 4-5lbs of bird.



Cold water:
Cook immediately after thawing.

How to thaw:
Submerge the bird in cold water & change every 30 mins.



Microwave:
Cook immediately after thawing.



How to thaw:
Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!



CLEAN: WASH HANDS, UTENSILS, AND SURFACES

- ✓ **Wash your hands the right way!** Use plain soap and water – skip the antibacterial soap – and scrub the backs of your hands, between your fingers, and under your nails for at least 20 seconds.
- ✓ **Wash surfaces and utensils after each use!** Wash cutting boards, dishes, utensils, and countertops with hot, soapy water, especially after they held raw meat, poultry, seafood, or eggs. Wash dish cloths often in the hot cycle in your washing machine.
- ✓ **Wash fruits and vegetables, but not meat, poultry, or eggs!** Rinse fruits and vegetables under running water without soap, bleach, or produce washes. Scrub firm produce with paper towel or clean cloth towel. Don't wash meat, poultry, eggs, or seafood to avoid spreading harmful germs around your kitchen.

SEPARATE: DON'T CROSS CONTAMINATE

❖ Use separate cutting boards and plates for produce, meat, poultry, seafood, and eggs! Use one cutting board for fresh produce or other foods that won't be cooked before they're eaten, and another for raw meat, poultry, or seafood. Use separate plates and utensils for cooked and raw foods. Use hot, soapy water to thoroughly wash plates, utensils, and cutting boards that touched raw meat, poultry, seafood, eggs, or flour.



Wash your hands for 20 seconds with soap and warm water.

Utensils Plates Countertops Cutting boards SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEE WWW.FOODSAFETY.GOV For information on both pages.



SEPARATE CONT....

- ❖ **Keep certain types of food separate!** In your shopping cart, separate raw meat, poultry, seafood, and eggs from other foods and place packages of raw meat, poultry, and seafood in plastic bags if available. When you check out, place raw meat, poultry, and seafood in separate bags from other foods. At home, place raw meat, poultry, and seafood in containers or sealed, leakproof plastic bags. Freeze them if you're not planning to use them within a few days. Keep eggs in their original carton and store them in the main compartment, not the door.

COOK TO THE RIGHT TEMPERATURE

- **Food is safely cooked when the internal temperature is high enough to kill germs that can make you sick!** Use a food thermometer to be sure your food is safe.
- **Keep food hot (140°F or above) after cooking!** Keep out of the temperature danger zone (between 40°F-140°F) where germs grow rapidly by using a chafing dish, warming tray, or slow cooker.
- **Microwave food thoroughly (165°F or above)!** Read package directions for cooking and if the label says to let the food stand, do it to allow food to cook thoroughly.
- **Follow special guidelines for barbecues and smokers!** See FDA.gov and USDA.gov



CHILL: REFRIGERATE AND FREEZE FOOD PROPERLY

- **Refrigerate perishable foods WITHIN 2 HOURS!** Bacteria that cause food poisoning multiply quickest between 40°F and 140°F. If the food is exposed to temperatures above 90°F (like a hot car or summer picnic), refrigerate WITHIN 1 HOUR.
- **Never thaw or marinate foods on the counter.** The safest way is in the refrigerator.
- **Freezing does not destroy harmful germs, but it does keep food safe until you can cook it.**
- **Know when to throw out food** by checking the safe storage times chart at www.foodsafety.gov/food-safety-charts so that harmful bacteria will not grow.