

# A Safe Holiday Feast



**1** in **6** AMERICANS  
WILL GET A  
FOODBORNE ILLNESS **THIS YEAR.**

## FOOD SAFETY is IMPORTANT!

Follow these simple rules to ensure a **SAFE** holiday feast.

### SHOPPING *for your* FEAST



Make room for your feast in the fridge and freezer.

Keep fresh fruits and vegetables separate from raw meat and poultry, and keep all food away from household chemicals in your shopping cart and in bags.

Refrigerate perishable foods as soon as you get them home from the store.

**ALWAYS PAY ATTENTION** to  
“**SELL BY**” & “**USE BY**” DATES.

### BUY A FOOD THERMOMETER!

### PREPARING *your* FEAST



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

**THAW FORMULA:** 4 LBS. PER 24 HOURS

Thaw frozen turkey in a refrigerator in its original packaging. Stuff turkey just prior to cooking.

**COOK TURKEY  
BREAST &  
STUFFING** to **165°F**

Temperature is the only indicator that food is cooked for quality and safety. Turkey thighs are best at 175°F.

Keep hot foods above 140°F. Refrigerate all cold foods until ready to serve (40°F).

Rinse fresh fruits and vegetables just before using or consuming unless labeled “ready-to-eat” or “pre-washed.”

### EATING *your* LEFTOVERS



Leftovers cool more quickly in shallow containers. Bring gravy to a boil before re-serving.

**REHEAT** **165°F**  
LEFTOVERS to

EAT *or* FREEZE **3 to 4 DAYS.**  
LEFTOVERS *within*

EAT *or* FREEZE GRAVY *within* 2 DAYS.

**FIND MORE INFO** at  
**HOLIDAYFOODSAFETY.ORG**  
**EATTURKEY.COM**



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