



Holiday Food Safety

The holiday season is a time of joy and unity for many families. As we all gather together to celebrate, it is important that we keep ourselves and loved ones safe when cooking. If certain food products are not prepared correctly, it could result in food poisoning, as germs can survive in many places.

Food Safety Prevention Steps

1. Clean Hands and Surfaces

- Your hands and the kitchen surfaces should be washed thoroughly and frequently with warm water and soap
- Hand washing needs to be done before, during, and after preparing the food
- After handling uncooked, chicken, meat, eggs, or seafood, you should immediately wash your hands
- Vegetables and fruits should be washed prior to eating or adding them to a dish
- Any utensil, pots/pans, countertops, and cutting boards should be immediately washed after each food item

2. Avoid Cross-Contamination

- The internal temperature of the food must get high enough to kill all germs for the food to be safely cooked
- Use a food thermometer to check the temperature of the food

3. Cook at the Correct Temperature

- The internal temperature of the food must get high enough to kill all germs for the food to be safely cooked
- Use a food thermometer to check the temperature of the food
- Follow the cooking guidelines provided in the chart to the right

4. Refrigerate Food

- Refrigerate perishable food within 2 hours to prevent bacteria from spreading
- Frozen food should be thawed in the refrigerator in cold water, or in the microwave
 - thawing food on the counter could cause bacteria to spread
- Store warm and hot food into containers and then refrigerate

Food Type	Internal Temperature
Ground Meat and Meat Mixtures	
Beef, Pork, Lamb, Veal	160° F
Chicken, Turkey	165° F
Fresh Beef, Veal, Pork, & Lamb	
Plus 3 minutes stand time for safety	145° F
Poultry	
Turkey & Chicken, whole	165° F
Poultry parts	165° F
Goose & Duck	165° F
Stuffing (cooked alone or in bird)	165° F
Ham	
Fresh (raw) plus 3 min stand time	145° F
Pre-cooked (reheating)	140° F
Eggs & Egg Dishes	
Eggs	Cook until yolk & white and firm
Egg dishes	160° F
Seafood	
Fin Fish	145° F - Flesh is opaque
Shrimp, Crabs & Lobster	Flesh pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking
Scallops	Milky white or opaque & firm
Casseroles & Leftovers	
	165° F

For more information on food safety, go to
<https://www.cdc.gov/food-safety/prevention/index.html>