



25 November 2014

## Thanksgiving Safety

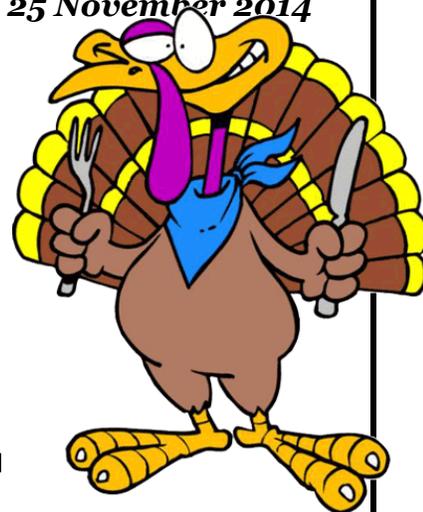
Thanksgiving is a holiday that brings friends and family together to share a good meal, conversation, and laughter. The kitchen is the heart of the home, especially at Thanksgiving. Take a few minutes to review these Thanksgiving Day kitchen safety tips, and enjoy the holiday without worry.

### *Food preparation safety is important, especially on Thanksgiving Day*

- ◆ Wash your hands with soap and water before you start any food preparation.
- ◆ Make sure working areas and surfaces, utensils and plates are also clean.
- ◆ Use separate cutting or chopping boards for meats and for fruits and vegetables. Avoid putting cooked food on cutting boards that have touched raw food.
- ◆ Avoid wiping your hands that have touched raw food with a dish towel.
- ◆ Keep raw food away from vegetables and side dishes that will not be cooked.
- ◆ Stuffing the turkey is not recommended. Cook the stuffing separately.
- ◆ Use a food thermometer. You can't tell if the turkey is cooked simply by looking
- ◆ Check to make sure every part of the turkey reaches a minimum internal temperature of 165° F, even if your turkey has a pop-up temperature indicator. Check the innermost part of the thigh and wing, and the thickest part of the breast.
- ◆ Let turkey stand for 20 minutes before carving to allow juices to set.
- ◆ Stuffing should also reach a minimum temperature of 165° F.
- ◆ Any dish containing eggs should be cooked to reach an internal temperature of 160° F.
- ◆ Use a separate clean spoon whenever tasting food from the pot. Do not use spoon for stirring to taste.

### *Keep these general safety tips in mind whenever you cook up a feast*

- ◆ Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- ◆ Stay in the home when cooking and check on the food frequently.
- ◆ Keep potholders and food wrappers at least three feet away from heat sources while cooking
- ◆ Keep the floor clear so you don't trip over kids, toys, pocketbooks, or bags.
- ◆ Make sure your smoke alarms are working. Test them by pushing the test button.
- ◆ Wear tighter fitting clothing with shorter sleeves when cooking
- ◆ Make sure all stoves, ovens, and ranges have been turned off when you leave the kitchen
- ◆ Set timers to keep track of turkeys and other food items that require extended cooking times
- ◆ Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- ◆ Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy, or coffee could cause serious burns.
- ◆ Turn handles of pots and pans on the stove inward to avoid accidents.
- ◆ Follow all manufacturer guidelines regarding the appropriate use of appliances



***As a holiday cook and host, keep the safety of your guests uppermost in your mind. Follow these safety tips and have a joyous Thanksgiving for all!***