

Holiday Food Safety HOME EDITION



December 5, 2024

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What could possibly go wrong?



... To spread germs

Common Winter Illnesses

- Influenza - respiratory
- RSV - respiratory
- Covid - respiratory
- Norovirus – foodborne
- Gastrointestinal illness



WHY?

HOLIDAY GATHERING



Baby,
it's Cold
Outside





Holiday Food Safety Topics



- Preparation
- Cross-contamination
- Cooking
- Cleanup/Sanitize
- Leftovers
- Healthy Chefs

Preparation

Before You Cook

Turkey Germs – Avoid Cross Contamination

Raw turkey is usually contaminated – microscopic bacteria

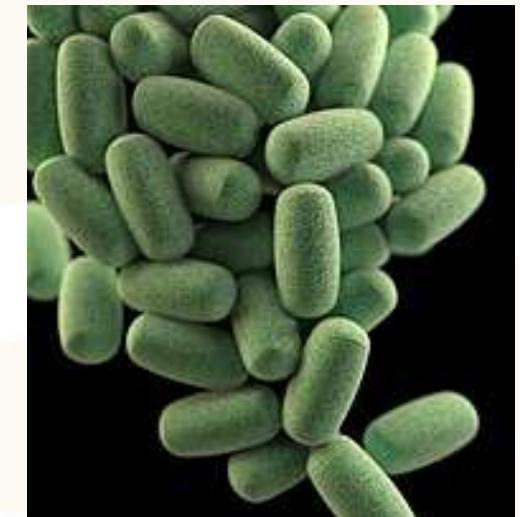
Salmonella



Campylobacter



C. perfringens



Wash The Hands

- Wash hands before you begin preparation
- **Wash hands after handling raw turkey**
- **Wash hands after handling anything dirty**
- Wash hands often



Thawing The Turkey

- Thaw in the refrigerator 3-4 days before cooking day
- Limit the time turkey is kept at room temperature

2024 November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Veterans Day

Thanksgiving Day

Thawing The Turkey

- Thaw in the refrigerator 3-4 days before cooking day
- Limit the time turkey is kept at room temperature

2024

DECEMBER

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Storing The Turkey

- **Store raw turkey on bottom shelf of refrigerator at 41°F**
- Avoid contact between raw turkey and other foods



Eliminate the Germs

Clean and Sanitize

- Wash dishes and utensils with hot soapy water
- Sanitize sinks and counters as you go



Wash The Hands

- Wash hands before you begin preparation
- **Wash hands after handling raw turkey**
- **Wash hands after handling anything dirty**
- Wash hands often



To Rinse or Not to Rinse the Raw Turkey?

- Washing raw turkey is not recommended due to splatter of raw turkey juices
- Droplets may spread 6 or more feet from the sink



To Rinse or Not to Rinse the Raw Turkey?

Exceptions:

- Brined turkeys
- Usually need to be rinsed to remove salt and seasonings



To Rinse or Not to Rinse the Raw Turkey?

Exceptions:

- Turkeys that fell on the floor
- There is no 5 second rule



To Rinse or Not to Rinse the Raw Turkey?

- IF you wash the turkey, sanitize the sink and all surrounding surfaces thoroughly.



Cooking

Is your bird ready?

Use the 3-Step Temp Check

Use three places to check the temperature

Thickest part of breast

Innermost part of wing

Innermost part of thigh

Remember to ensure any stuffing cooked with the bird reaches 165 F



Your bird is not safe until it reaches 165 F
Cook at an oven temperature of 325 F or above

165°F

Proper Cooking Prevents Illness

Salmonella



Campylobacter



Diarrhea
Cramps

Nausea
Vomiting

Diarrhea
Cramps
Fever

Don't Get Caught Eating Raw Turkey



Clean Up

While the Turkey Cooks

Clean Up

Clean/Sanitize:

- Utensils
- Counters
- Sinks
- Fridge [handle]
- Floor



Leftovers

2 – 2 – 4 Rule

2 – 2 – 4 Rule for Perishable Leftovers

2 Hours

Refrigerate “perishables” within **2** hours.

2 Inches

Perishables should be less than **2** inches deep in containers.

4 Days

Use perishables within **4** days or throw them out.



Reheating Leftovers

Reheat leftovers to
165°F



The Perishables

Turkey

Cooked Potatoes

Gravy

Cooked Vegetables

Stuffing

Cream



The Consequences

C. perfringens



- Clostridium perfringens is not eliminated by cooking.
- Cooking “wakes it up”.
- It grows in leftovers that are not promptly refrigerated.

The Consequences

Foodborne Illness a.k.a. Food Poisoning

- Diarrhea
- Stomach cramps



Listen to Jeff

Be a Healthy Chef

Sick Cook = Sick Family & Friends

If you have symptoms of food poisoning,
DO NOT PREPARE FOOD FOR OTHERS!

- Vomiting
- Diarrhea
- Nausea
- Stomach Cramps



The Consequences

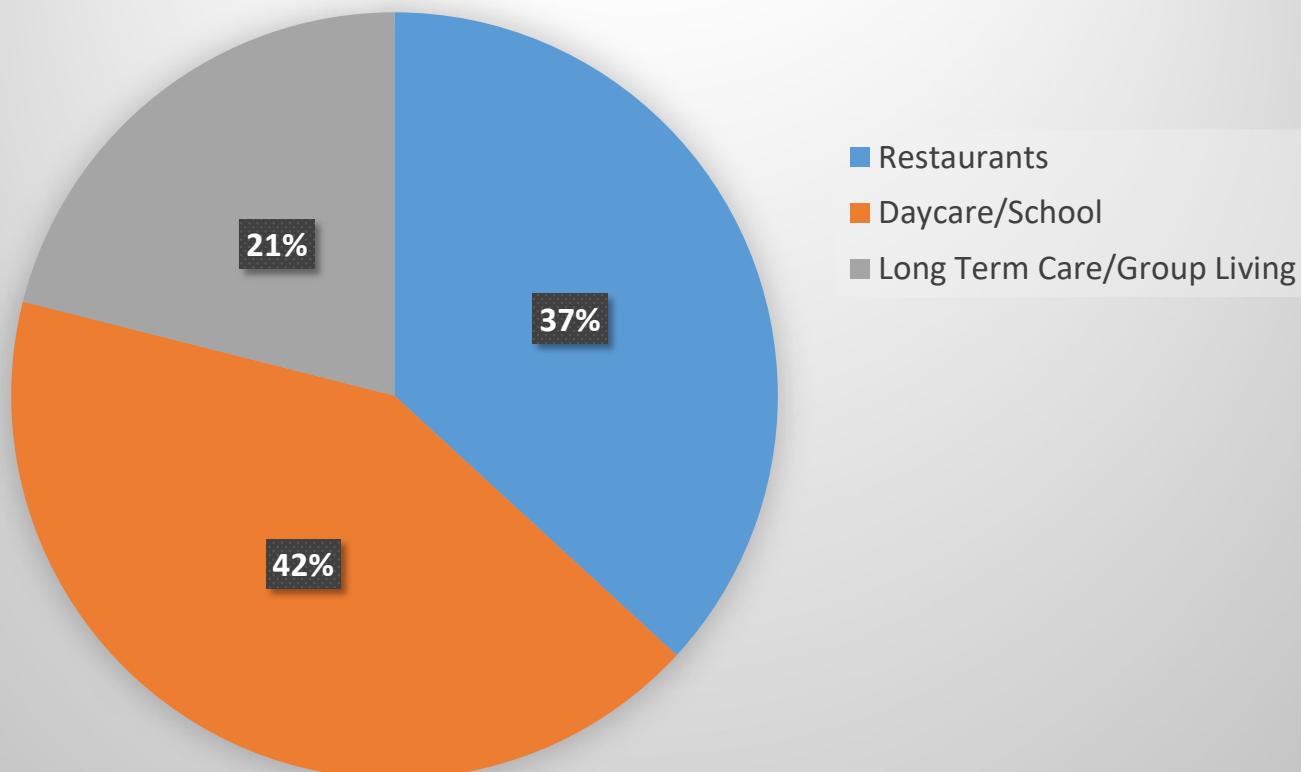
Norovirus



Norovirus spreads easily by ill food handlers.

You can still spread norovirus for 2 weeks or more after you feel better.

Norovirus Outbreaks by setting, Salt Lake County 2023



Food Safety Summary

- Wash hands often
- Prevent cross-contamination
- Clean/sanitize surfaces
- Cook poultry to 165°F
- Promptly refrigerate leftovers
- DO NOT prepare food if you are sick





QUESTIONS?