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FOR AGRICULTURAL HEALTH, INJURY PREVENTION, AND EDUCATION

Monthly Safety Blast

Produced by the Southwest Center for Agricultural Health, Injury Prevention and Education

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Food Safety for the Holidays



It's that time of year again where we get together to celebrate the holidays and indulge with some yummy food. One thing you, your family and friends need to be aware of is food safety. The Centers for Disease Control and Prevention (CDC) states that each year, an estimated 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die from eating contaminated food. Some people are more likely to get a foodborne illness (also called food poisoning) or to get seriously ill. Trust me, the

holidays will not be full joy if you suffer from food poisoning. Following four easy steps while prepping food can help protect you and your loved ones from getting sick.

CLEAN: Wash your hands and surfaces often.

- Germs that cause food poisoning can survive in many places and spread around your kitchen.
- Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating.
- Wash your utensils, cutting boards, and countertops with hot, soapy water.
- Rinse fresh fruits and vegetables under running water.



CLEAN

SEPARATE: Don't cross-contaminate.

- Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods—unless you keep them separate. Use separate cutting boards and plates for raw meat, poultry, and seafood.
 - When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.
 - Keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge.



SEPARATE

COOK: To the right temperature.

- Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture.
- Use a food thermometer to ensure foods are cooked to a safe internal temperature. Check the list for a detailed list of foods and temperatures.
 - 145°F for whole cuts of beef, pork, veal, and lamb (then allow the meat to rest for 3 minutes before carving or eating)
 - 160°F for ground meats, such as beef and pork
 - 165°F for all poultry, including ground chicken and turkey
 - 165°F for leftovers and casseroles



CHILL: Refrigerate promptly.

Bacteria can multiply rapidly if left at room temperature or in the “Danger Zone” between 40°F and 140°F. Never leave perishable food out for more than 2 hours.

- Keep your refrigerator below 40°F and know when to throw out food.
- Refrigerate perishable food within 2 hours. (If outdoor temperature is above 90°F, refrigerate within 1 hour.)
- Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw foods on the counter, because bacteria multiply quickly in the parts of the food that reach room temperature.



CDC recommends, if you believe you or someone you know got sick from food, even if you don't know what food it was, please report it to your local health department. Reporting your illness may help public health officials identify a foodborne disease outbreak and keep others from getting sick.



Take the [Food Safety for the Holidays](#) quiz to test your knowledge!

Resources:

- <https://www.cdc.gov/foodsafety/index.html>

Disclaimer: The facts and information listed above are merely suggestions for your safety, but are in no way a comprehensive and exhausted list of all actions needed to insure your safety.

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Sharing is caring!



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