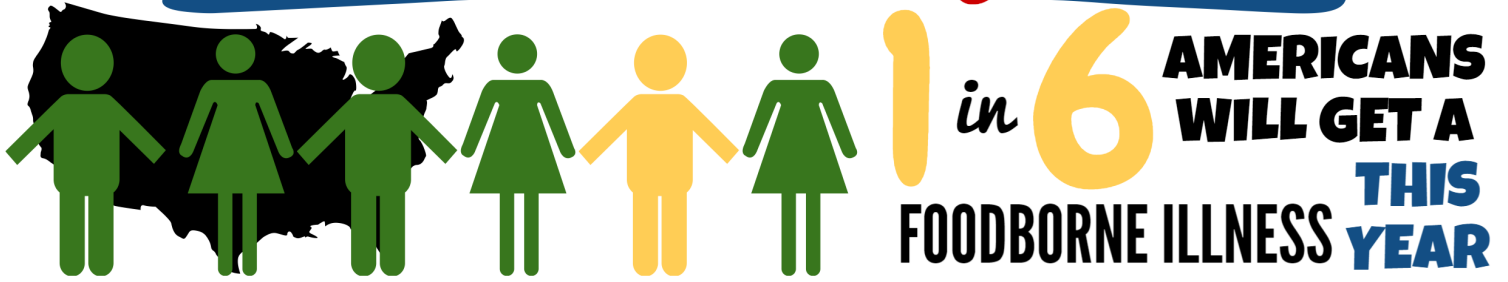


A Safe Holiday Meal



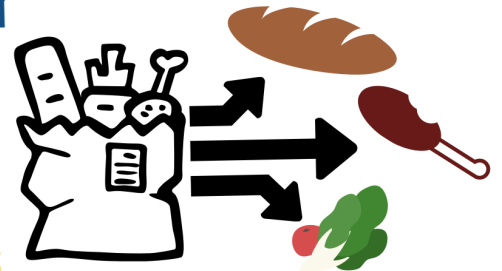
Follow these simple steps to ensure a **SAFE** holiday meal

SHOP SAFELY

Keep fresh fruits and vegetables **separate** from raw meat and poultry



Store perishable foods quickly: within **30 minutes**



PREPARE SAFELY

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

Never thaw frozen meat on the counter



THAW FORMULA: 24 HOURS FOR EVERY 4 POUNDS OF MEAT

Thaw it in the refrigerator instead



A FOOD THERMOMETER IS THE ONLY WAY TO KNOW THAT MEAT HAS BEEN COOKED TO A SAFE TEMPERATURE!



Keep *hot* foods above **140°**

Refrigerate *cold* foods at **40°**



COOK TURKEY AND CHICKEN TO

165° F

STORE SAFELY

Store leftovers in shallow containers for faster cooling

EAT or STORE cooked foods within

2 hours (& eat the leftovers within **3** days)



REHEAT LEFTOVERS TO 165° F!



TEXAS A&M **AGRI LIFE** EXTENSION Distributed by the Texas A&M AgriLife Extension Service

Adapted from www.holidayfoodsafety.org

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