

# Safety Tips for Holiday Food Handling



**I**nfectious germs can spread quickly when food is not prepared and stored safely. Simple food handling and sanitary practices can help you prevent uncomfortable, and even potentially deadly, foodborne illnesses.

Remember these safe food handling tips in your holiday kitchen routine:

## CLEAN



- Wash your hands in hot, soapy water for 20 seconds before and after preparing food, and after handling raw meat, poultry or fish.
- Wash fruits and vegetables, including those with skins and rinds that are not eaten.
- Wash all food contact surfaces (cutting boards, utensils, sponges, dish towels and counter tops) with soap and hot water after each use.



- To help kill remaining germs, sanitize these surfaces using a disinfectant cleaner or a solution of 1-3 tablespoons of plain, unscented chlorine bleach per gallon of water. Let soak or stand two minutes, rinse and air dry. Cutting boards and sponges can also be sanitized in the dishwasher.

## SEPARATE

- Separate fresh fruits and vegetables from raw meat, poultry and seafood.
- Do not use the same cutting board until it has been cleaned or sanitized.

## COOK



- To kill any bacteria present, thoroughly cook ground meat to at least 160°F, poultry to at least 170°F and roasts and steaks to 145°F.
- Cook egg dishes thoroughly. Products containing uncooked or unpasteurized eggs carry an added risk, and should be avoided.

## CHILL



- Refrigerate leftover perishables at 40°F or below within two hours after cooking and serving.
- Refrigerate washed produce promptly after cutting.

