

Tips for a Safe Holiday Meal



Defrosting Turkey

In the refrigerator

- Leave turkey in the original wrapper.
- Put turkey on a tray and defrost on the lowest shelf of refrigerator.
- Allow 24 hours of defrost time for every 5 pounds of turkey.
 - o 15 pound turkey = 3-4 days to thaw

Under cold running water

- Allow 30 minutes per pound of turkey to defrost completely.
- Turkey should be defrosted under **cold running water**.



****Caution:** Meat should never be left at room temperature to defrost.

Preparing Turkey

- Wash hands, countertops and utensils that touch raw turkey to avoid contaminating other foods.
- Use a food thermometer to determine if the turkey is done. The final temperature of the turkey should be at least 180° F at the thickest part.
- Stuffing does not usually reach a safe cooking temperature when prepared inside the turkey. Cook stuffing separately to be sure it reaches 165°F before serving.

Storing Leftovers



Plan ahead- clean out the refrigerator to make room for leftovers.



Store leftovers in the refrigerator no more than 2 hours after cooking.



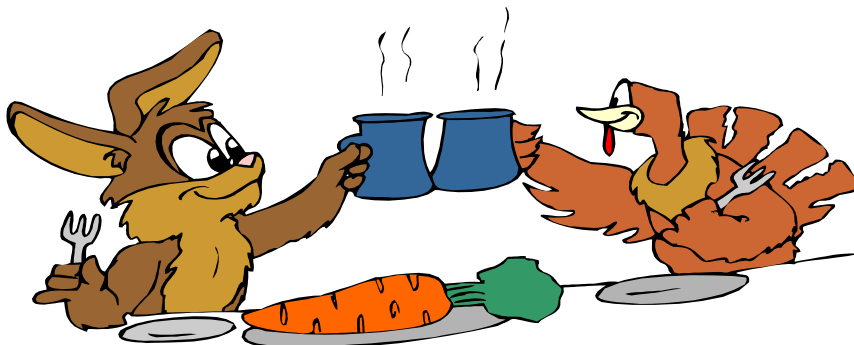
Cut turkey into small pieces before storing.



Store food in small shallow containers—this will keep food safer and fresher.



Consider freezing large amounts of turkey for later use in casseroles or soups.



Happy Holidays!