

# YOUR MAP TO A FOOD-SAFE HOLIDAY

Follow some simple food safety advice to keep you and your guests feeling festive this winter.

## PROPER PREPPING

Just as you have a procedure for storing your holiday gifts when you get home, you should have a system for storing your food.



Make sure your fridge is set at or below

**40 °F**

Chill perishable groceries within two hours of shopping



Store raw meats in a container or dish to prevent juices from leaking and set below ready-to-eat foods.



Wash your hands for

**20 SECONDS**



with warm water and soap!



Be sure to separate raw meat from ready-to-eat foods and dishes.



**Don't forget:** You need two thermometers.



One for the fridge to ensure food is stored at 40 °F.



One for food, particularly meat, to ensure it's cooked to the right temperature.

## HITTING THE ROAD

If you're bringing a dish to a get-together with coworkers, family or friends this holiday season, make sure you are transporting food safely.



### KEEP COLD FOOD COLD

When transporting cold dishes, place items in a cooler with ice or gel packs to keep food at or below

**40 °F**

### KEEP HOT FOOD HOT

Keep hot foods at or above

**140 °F**

by wrapping dishes in insulation bags or towels and newspaper.

## DANGER ZONE

**DO NOT ENTER**

Perishable food kept in the Danger Zone (between 40 - 140 °F) for longer than 2 hours should be thrown out.



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### EXCEPTIONS

to Danger Zone include ready-to-eat items like



cookies



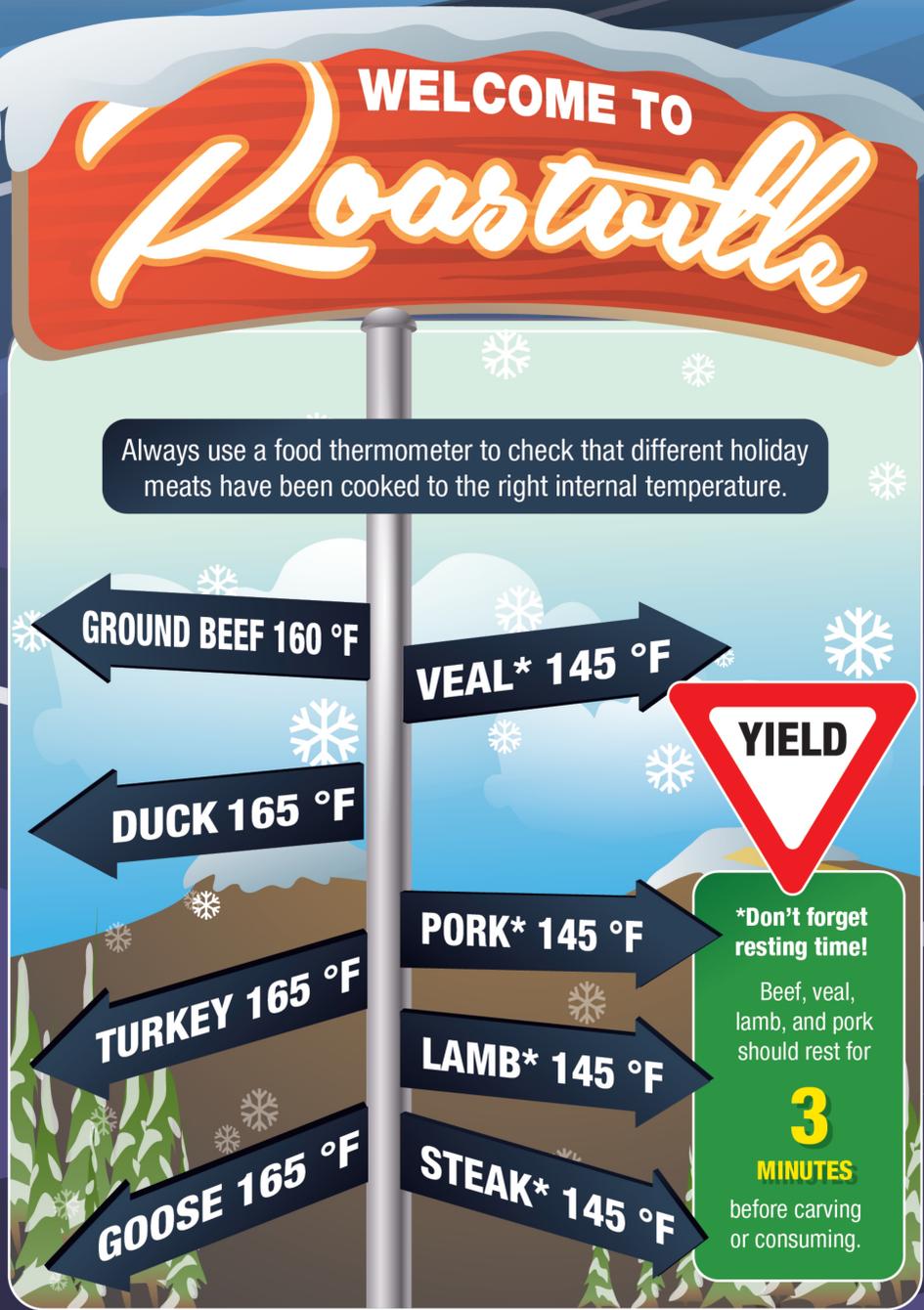
crackers



bread



whole fruit



Always use a food thermometer to check that different holiday meats have been cooked to the right internal temperature.

**GROUND BEEF 160 °F**

**VEAL\* 145 °F**

**DUCK 165 °F**

**TURKEY 165 °F**

**GOOSE 165 °F**

**PORK\* 145 °F**

**LAMB\* 145 °F**

**STEAK\* 145 °F**

**YIELD**

**\*Don't forget resting time!**

Beef, veal, lamb, and pork should rest for

**3**

**MINUTES**

before carving or consuming.