

Food Safety

- ◆ Cook meats, seafood, and poultry thoroughly.
- ◆ Thaw meat and poultry in the refrigerator.
- ◆ Wash surfaces, utensils, and sinks where raw meat, fish, or chicken have been prepared.
- ◆ Keep raw food separate from cooked foods.
- ◆ Wash fruits and vegetables well.
- ◆ Food requiring refrigeration should not be left out at room temperature more than 2 hours.
- ◆ Refrigerate or freeze leftovers within 2 hours.
- ◆ Always wash a utensil used to taste food before placing back into the food.
- ◆ Keep hot liquids and foods away from stove and table edges.
- ◆ Wash hands frequently.
- ◆ Encourage children to wash hands frequently for the period of time they can sing "Twinkle, Twinkle Little Star", or "Itsy-Bitsy Spider."
- ◆ For questions concerning holiday turkey preparation and cooking, call the USDA Meat and Poultry Hotline at 1-800-535-4555.



Office of Environment, Safety and Health
POC: Claudia Beech, 381-403-8828 or Claudia.Beech@eh.dva.gov