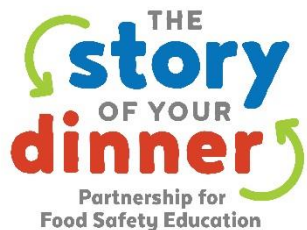




Partnership for
Food Safety
Education



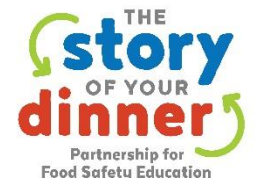
THE
story
OF YOUR
dinner
Partnership for
Food Safety Education

Turkey Time: Your Thanksgiving Food Safety Overview

Welcome!

The Partnership for Food Safety Education develops and promotes effective education programs to reduce foodborne illness risk for consumers.

We are a non-profit organization that relies on grants and donations.



Host



Shelley Feist

Executive Director

Partnership for Food Safety
Education

www.fightbac.org



To ask a question, please use the question box on the right of the screen.



After the webinar, you will receive a brief survey. Please fill it out.
Help us improve!

Continuing Education Units

One hour CEU available from ANFP, CDR, NEHA & CPH-CE

- Download certificate from sidebar
- Follow-up email
- Download at fightbac.org under “Events” tab and “Webinar Recordings”

Poll Question #1

What is your profession?

1. Cooperative Extension
2. Health Communicator
3. Nutrition & Dietetics
4. Teacher
5. Other

Webinar Recording Available

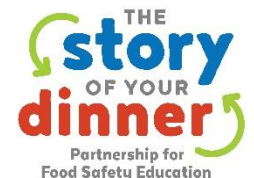
Brown Bag Webinar

Abundance! Here's Your Content for
Food Safety Education Month

Wednesday, Sept. 12 at 1 p.m. EDT



Watch online at fightbac.org under “Events” tab and “Webinar Recordings”



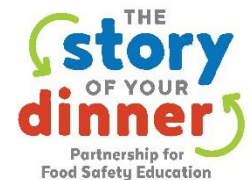
Guest Speaker



Marianne H. Gravely, MS

Senior Technical Information
Specialist

USDA Meat and Poultry Hotline



Meat and Poultry Hotline

Top 10

Consumer Questions

USDA's Meat and Poultry Hotline

#1: When should you buy your turkey?



USDA's Meat and Poultry Hotline

**#2: What size turkey should I buy?
(i.e. yield of a turkey)**



USDA's Meat and Poultry Hotline

#3: How long can you keep a turkey in the freezer?



USDA's Meat and Poultry Hotline

#4: How do I safely thaw my turkey?

3 WAYS TO THAW A TURKEY

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:
Safe to store the turkey for another 1 – 2 days in the refrigerator.
This is the USDA recommended thawing method.
How to thaw:
Allow approximately 24 hrs. for every 4-5lbs of bird.



Cold water:
Cook immediately after thawing.
How to thaw:
Submerge the bird in cold water & change every 30 mins.



Microwave:
Cook immediately after thawing.



DID YOU KNOW?
It's safe to cook a frozen turkey though cooking time will be 50% longer!

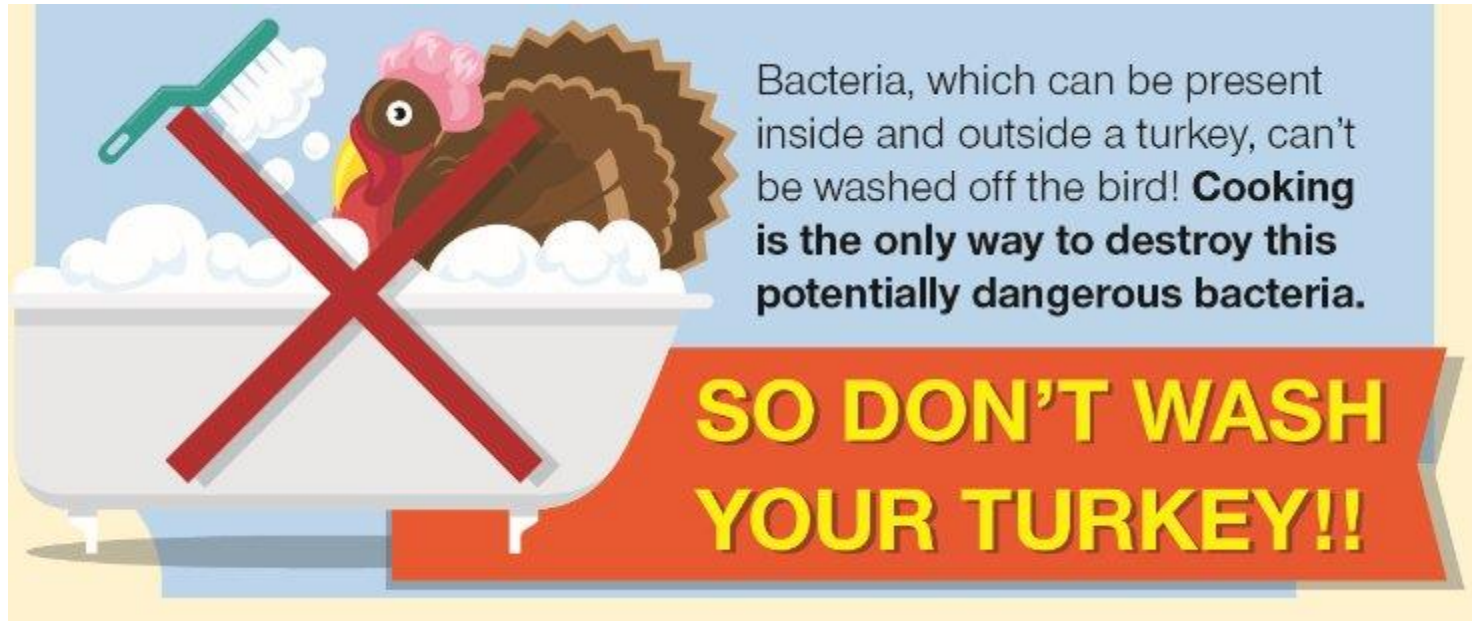
For more information on safe thawing methods, visit fsis.usda.gov



USDA
United States Department of Agriculture
USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

USDA's Meat and Poultry Hotline

#5: Is it safe to wash a turkey?



Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! **Cooking is the only way to destroy this potentially dangerous bacteria.**

SO DON'T WASH YOUR TURKEY!!

USDA's Meat and Poultry Hotline

#6: What's the safe way to stuff a turkey?



USDA's Meat and Poultry Hotline

#7: Can I cook a turkey ahead of time?



USDA's Meat and Poultry Hotline

**#8: How long will my turkey take to cook?
How can I tell if my turkey is done?**



USDA's Meat and Poultry Hotline

#9: How do I travel with an uncooked and/or cooked turkey?



USDA's Meat and Poultry Hotline

#10: How long will a cooked turkey keep?



USDA's Meat and Poultry Hotline

- Recorded messages 24/7
- Speak to a food safety specialist Monday through Friday from 10 a.m. to 6 p.m. EST
- Get answer to your food safety questions 24/7 at “Ask Karen” www.AskKaren.gov
- Live chat Monday through Friday from 10 a.m. to 6 p.m. EST
- Food safety information available at FoodSafety.gov



Holiday Meal Flyer

Available for download at
StoryofYourDinner.org

Enjoy a Safe and Healthy Holiday Meal!



HERE ARE SOME TIPS TO HELP YOU STAGE A SAFE AND DELICIOUS HOLIDAY DINNER FROM YOUR KITCHEN!

STEP 1: CLEAN

Frequent cleaning and sanitizing **keep bacteria and viruses from spreading** throughout the kitchen and contaminating food.

Use a dilute bleach solution (1 T. unscented liquid bleach + 1 gallon of water) to sanitize after you have cleaned. Spray the solution onto surfaces and cutting boards, let stand a few minutes, then rinse and dry with clean paper towels.

Rinse fruits and vegetables under running tap water just before eating or cooking. Scrub firm-skinned produce, such as apples and potatoes, with a clean produce brush. Blot dry with clean cloth or paper towel.

Wash hands with warm water and soap for at least 20 seconds before and after handling food. Wash cutting boards, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.

STEP 2: SEPARATE

Bacteria and viruses spread when raw meat, poultry, seafood, and eggs or their juices come into contact with other foods.

Don't cross-contaminate. Keep raw meat and poultry apart from foods that won't be cooked.

STEP 3: COOK

Relying on color or poking with a fork to check for doneness is guesswork and puts you and your family at risk. Cook to safe temperature. Use a food thermometer - you can't tell food is cooked safely by how it looks.

SAFE MINIMUM INTERNAL TEMPERATURES

as measured with a food thermometer

Beef, pork, veal and lamb (roast, steaks and chops)	145°F with a three-minute "rest time" after removal from the heat source
Ground meats	160°F
Poultry (whole, parts or ground)	165°F
Eggs and egg dishes	160°F, but cook eggs until both the yolk and the white are firm; scrambled eggs should not be runny
Leftovers	165°F
Fish/shellfish	145°F

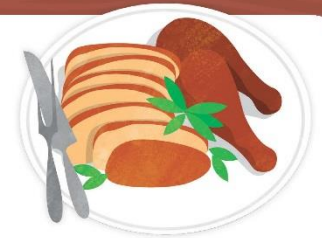
GUIDELINES FOR SEAFOOD

Shrimp, lobster, crabs	Flesh pink and opaque
Clams, oysters and mussels	Shells open during cooking
Scallops	Milky white, opaque and firm

STEP 4: CHILL

Bacteria multiply fastest between 40°F - 140°F (4°C - 60°C); this is known as the "Danger Zone." Chill leftovers and takeout foods within 2 hours. Keep fridge at 40°F or below.

TURKEY HANDLING



- Make space in your fridge or freezer (rearrange items, move shelves) for the bird!
- Purchase 1lb or more of turkey for each person you plan to serve.
- Fridge thawing frozen turkey - leave in original packaging, place in a shallow pan, allow 24 hours thaw time for each 4-5 pounds of meat
- Cold water thawing - leave in original packaging, place in a clean and sanitized sink or pan, submerge in cold water, change the cold water every half hour, allow a ½ hour thaw time for each pound of meat, and cook immediately.
- Keep the neck and giblets (if using for gravy) refrigerated until they are going to be cooked.

• Cook the turkey to an internal temperature of **165°F**, as measured by a food thermometer in the thickest part of both the bird's thigh and breast.

• **A stuffed turkey will take longer to cook than an unstuffed turkey.** The stuffing inside must cook to **165°F** as well.

• Let the turkey stand for 20 minutes after removing from the oven before carving.

LOVE LEFTOVERS?

SO DO WE!

Get them into the fridge within 2 hours. Reheat or freeze turkey and stuffing within 3-4 days. Use gravy within 1-2 days. If you slice and freeze the cooked turkey, it will keep for up to 3-4 months! Reheat leftovers to **165°F**, they should be hot and steaming. Bring gravy to a boil to reheat.

CONVENTIONAL OVEN ROAST TURKEY

12-14 lb Unstuffed Turkey
 Roasting @ 325°F takes 3 to 3.75 hours. Use a food thermometer to be sure the internal temp reaches 165 °F!

Size/temp/time chart available at www.fightbac.org

RESOURCES

U.S. Food and Drug Administration Hotline
 1-888-SAFEFOOD
www.fda.gov/Food

U.S. Department of Agriculture Meat and Poultry Hotline
 1-888-MPHOTLINE
www.AskKaren.gov



Side Dish Recipe

Available for download at
StoryofYourDinner.org

RECIPE

THE story OF YOUR dinner
Partnership for Food Safety Education

ROSEMARY ROASTED SWEET POTATOES AND BRUSSELS SPROUTS

6 SERVINGS



INGREDIENTS

- 2 packages (20-24 oz) frozen Brussels sprouts
- 2 sweet potatoes, cut into ¾" chunks
- 1 large red onion, cut into ½" wedges
- 3 Tbsp. preferred vegetable oil
- 1 Tbsp. minced fresh rosemary
- 1 tsp. fine sea salt
- ½ tsp. black pepper
- ½ c. dried cranberries
- ½ c. toasted pecans, roughly chopped

INSTRUCTIONS

- 1 Wash hands with soap and water.
- 2 Preheat oven to 400 °F
- 3 Scrub sweet potatoes with a clean vegetable brush under running water.
- 4 On a large baking sheet toss frozen Brussels sprouts, potatoes, and onion with oil, rosemary, salt, and pepper. Divide between 2 baking sheets so vegetables are in a single layer.
- 5 Cook the Brussels sprouts according to package instructions, stirring occasionally, until all the vegetables are tender and browned. This will take about 30-40 minutes
- 6 Transfer vegetables to a serving dish and toss with cranberries and pecans. Serve immediately.

RECIPE COURTESY OF: Partnership for Food Safety Education

CORE FOUR RULES OF FOOD SAFETY

- Clean:** Wash hands and surfaces often.
- Separate:** Don't cross-contaminate.
- Cook:** Cook to the safe internal temperature.
- Chill:** Refrigerate or freeze promptly.

BROUGHT TO YOU BY:

Learn more about food safety at StoryOfYourDinner.org

Ardent Mills Cargill COSTCO WHOLESALE FROZEN FOOD FOUNDATION Partnership for Food Safety Education

Side Dish Recipe

Videos at
StoryofYourDinner.org



Rosemary Roasted
Sweet Potatoes and
Brussel Sprouts

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Side Dish Recipe


Available for download at
StoryofYourDinner.org

RECIPE

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Partnership for Food Safety Education

BUTTER GLAZED BRUSSELS SPROUTS WITH CANDIED PECANS

6 SERVINGS



INGREDIENTS

FOR THE BRUSSELS SPROUTS:

- 4 cups water
- 5 tablespoons salt
- 1 pound Brussels sprouts
- Bowl of ice and water

FOR THE CANDIED PECANS:

- 1/2 cup pecans, chopped
- 1 tablespoon water
- 1 tablespoon brown sugar
- 1/2 teaspoon white sugar

FOR THE GLAZE:

- 1/2 cup chicken broth or stock
- 3 tablespoons butter
- 1 teaspoon vinegar
- 1 tablespoon chives, minced

DIRECTIONS

- 1 Start by washing your hands with warm water and soap for at least 20 seconds before and after handling food.
- 2 Wash your cutting boards and countertops with hot soapy water.
- 3 Rinse chives under running tap water. Blot dry with clean cloth towel or paper towel.

FOR THE BRUSSELS SPROUTS

- 1 Rinse whole Brussels sprouts under running tap water while rubbing with fingers. Blot dry with clean cloth towel or paper towel.
- 2 Trim Brussels sprouts and cut them in half lengthwise.
- 3 Bring water and salt to a boil in a small pot and add cleaned and trimmed Brussels sprouts to the pot.
- 4 Cook 6-7 minutes until tender but not soggy.
- 5 Strain Brussels sprouts and then dump them into the ice bath. [This will retain their bright green color and stop the cooking process so they don't get mushy].
- 6 Refrigerate Brussels sprouts.

FOR THE CANDIED PECANS

- 1 Wash the now emptied pot with soap and warm water. Combine pecans, sugars and water over medium heat.
- 2 Stir together until the sugars have begun to dissolve and the water has evaporated (about 3 minutes).
- 3 Set aside in bowl.

FOR THE GLAZE

- 1 In the emptied pot, combine broth and butter over medium heat.
- 2 As the butter melts, broth and butter will meld together to create an almost creamy looking mixture. (If the butter starts to separate from the broth, add a tablespoon or two more broth.)
- 3 When it looks creamy, add the chives and vinegar and quickly stir together.
- 4 Re-strain your Brussels sprouts, and immediately combine them with the glaze.
- 5 Place everything in a serving dish. When ready to serve, top with candied pecans.
- 6 Enjoy immediately, or refrigerate until ready to serve!
- 7 Store leftovers in shallow containers within 2 hours of serving. Leftovers will last in the refrigerator up to 3-4 days.

CORE FOUR RULES OF FOOD SAFETY

Clean: Wash hands and surfaces often.

Separate: Don't cross-contaminate.

Cook: Cook to the safe internal temperature.

Chill: Refrigerate or freeze promptly.

RECIPE COURTESY OF:
Rachael Yerkes
EasyPeasyMeals.com

Learn more about food safety at
StoryOfYourDinner.org

BROUGHT TO YOU BY:

Cargill

COSTCO WHOLESALE

FROZEN FOOD FOUNDATION

2017

Side Dish Recipe

Available for download at
StoryofYourDinner.org




RECIPE

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Partnership for Food Safety Education

SOUTHERN GREEN BEANS AND NEW POTATOES WITH BACON

SERVES 4



INGREDIENTS

- 4-5 slices hickory-smoked bacon
- 1 teaspoon butter
- 2 cloves garlic, minced
- 2 shallots, chopped
- 1 pound new potatoes, boiled until tender
- 1 family size frozen French cut green beans, defrosted and drained
- Sea salt and ground black pepper to taste
- 1 teaspoon dried parsley
- 1 teaspoon dried rosemary

CORE FOUR RULES OF FOOD SAFETY

- Clean:** Wash hands and surfaces often.
- Separate:** Don't cross-contaminate.
- Cook:** Cook to the safe internal temperature.
- Chill:** Refrigerate or freeze promptly.




INSTRUCTIONS

- 1 Start by washing your hands with warm water and soap for at least 20 seconds before and after handling food. Wash your cutting boards and counter tops with hot soapy water.
- 2 Remove the outer skin from the garlic and shallots. Wash the potatoes, under running tap water. Dry with a clean cloth towel or paper towel before cutting vegetables.
- 3 Fill a large cooking pot with water, at least 2 inches above the potatoes, and drop in the potatoes. Add 1 tablespoon of salt and allow the potatoes to boil on high heat. Boil until the potatoes are tender, about 25 minutes. Using a colander, drain the potatoes, and rinse with cold water. Set aside.
- 4 Slice bacon into bite size pieces. Heat the skillet. When hot, add sliced bacon. After handling the bacon, wash your hands and the cutting board with hot, soapy water.
- 5 Cook bacon until crispy. Place the cooked bacon on a paper towel to drain. Remove the skillet from the heat and spoon out half of the leftover bacon grease. Allow the grease to cool and discard.
- 6 Turn down the heat to medium-low. Add 1 teaspoon of butter to the skillet. When the butter is melted, add minced garlic and chopped shallots. Sauté for 20-30 seconds.
- 7 Add tender new potatoes, and turn a few times so the skin of the potatoes is coated with the oil.
- 8 Gently stir the green beans together with the potatoes in the skillet. Season with sea salt and ground black pepper, dried parsley and rosemary. Crumble the cooked bacon on top of the mixture. Continue heating and stir occasionally until a food thermometer reads 165 °F and the dish is steaming. Serve immediately.
- 9 Store leftovers in shallow containers within 2 hours of serving. Leftovers will last in the refrigerator up to 3-4 days.

RECIPE COURTESY OF: Sandra Mihic | SandrasEasyCooking.com

Learn more about food safety at StoryOfYourDinner.org

BROUGHT TO YOU BY:



Food Safety Tips Flyer

Available for download at StoryofYourDinner.org



FOOD SAFETY TIPS

This holiday season and throughout the year, follow these 11 tips to reduce your risk of foodborne illness.



Suds up for 20 seconds.
Wash hands with soap under warm, running water before and after handling food to fight bacteria.

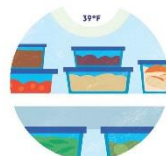


Start with a clean scene.
Wash cutting boards, dishes, countertops and utensils with hot water and soap.

Keep foods separate.
Separate raw meat, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.



Don't rinse meat or poultry.
It is not a safety step and can spread germs around your kitchen.



Keep your refrigerator at 40°F or below.
Refrigerate leftovers in shallow containers within two hours.



Read and follow package cooking instructions.
The instructions may call for a conventional oven, convection oven, toaster oven or microwave, and it's important to use the proper appliance to ensure even cooking.



Rinse fresh fruits and veggies
under running tap water, including those with skins and rinds that are not eaten.

Place meat and poultry in plastic bag provided at the meat counter,
and keep it in the plastic bag in your refrigerator at home.



Never defrost at room temperature.
Safely defrost food in the refrigerator, in cold water or in the microwave.



Use a food thermometer.
Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that causes illness.



Clean out your fridge.
No leftovers past 3-4 days.

BROUGHT TO YOU BY:



Learn more about food safety at StoryOfYourDinner.org

Kids' Activity Sheets

Available for download at StoryofYourDinner.org

**TEST YOUR
FOOD SAFETY
KNOWLEDGE**
with our kid-friendly
activity sheets!



Baking Infographic



FOOD SAFETY BASICS FOR BAKING

Follow these food safety steps when baking at home to keep your family safe and happy.



WASH HANDS, BAKING TOOLS AND SURFACES WITH SOAP AND WATER before and after handling raw flour and eggs.



97 percent of consumers failed to wash their hands properly when preparing a meal.*

* According to a 2016 study U.S. Department of Agriculture

DID YOU KNOW?



1 in 6 Americans get a foodborne illness each year.



DON'T EAT BATTER THAT CONTAINS RAW EGGS OR RAW FLOUR! Raw eggs and raw flour may contain harmful bacteria that could make you or your family sick.



KEEP RAW FOODS SUCH AS FLOUR AND EGGS SEPARATE FROM READY-TO-EAT FOODS. Raw flour can spread easily and contaminate other foods.



Children under age 4 are 4.5 times more likely to get sick from contaminated food compared to adults.

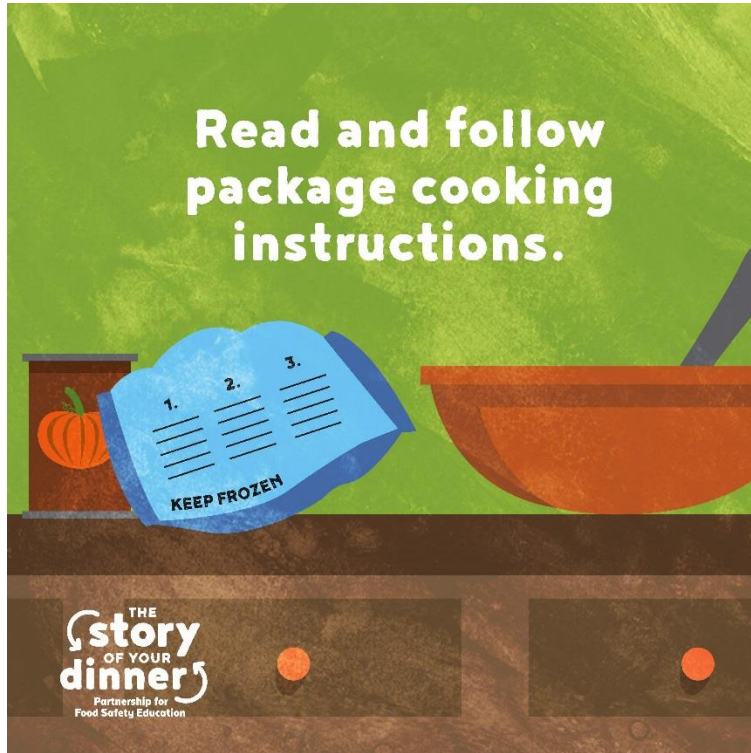


Learn more at StoryOfYourDinner.org

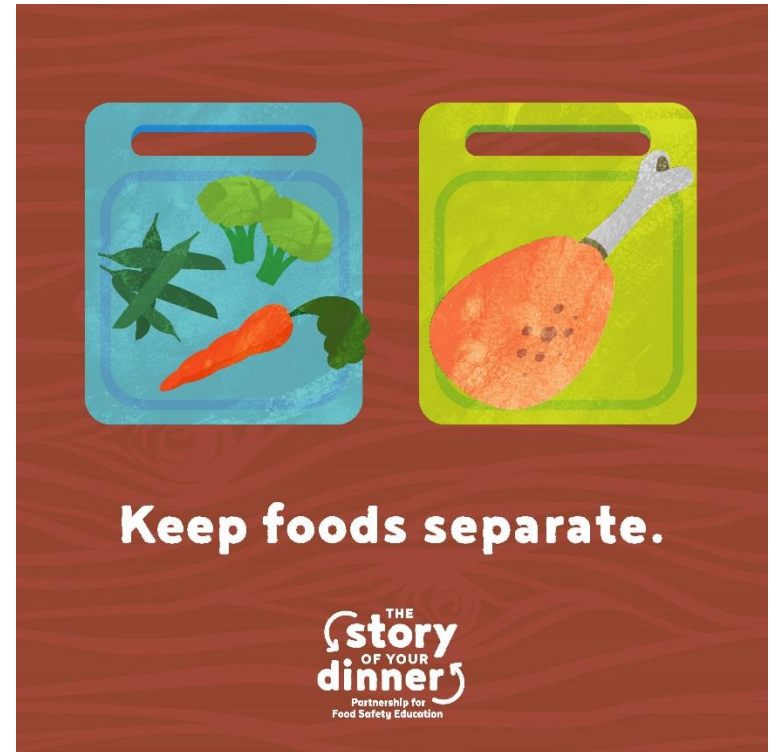
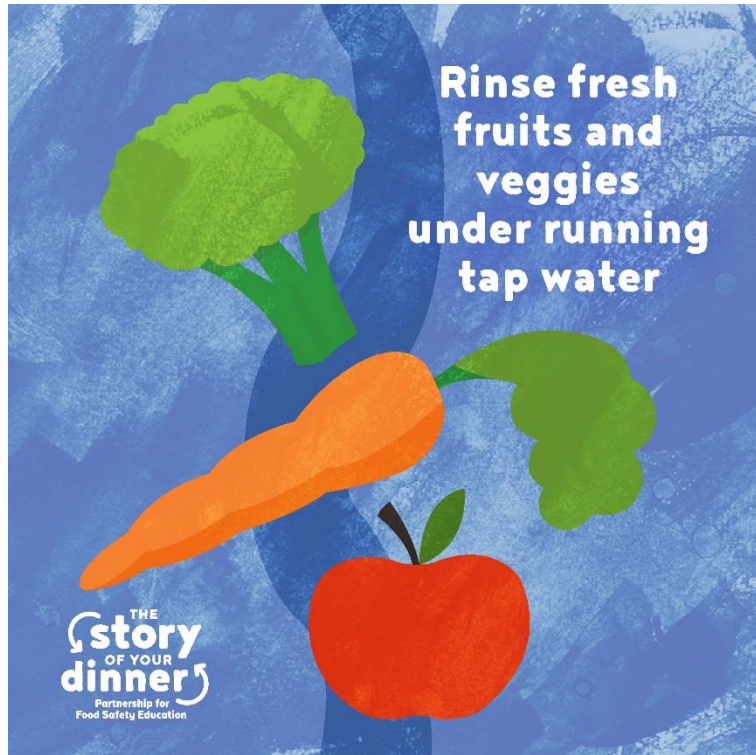


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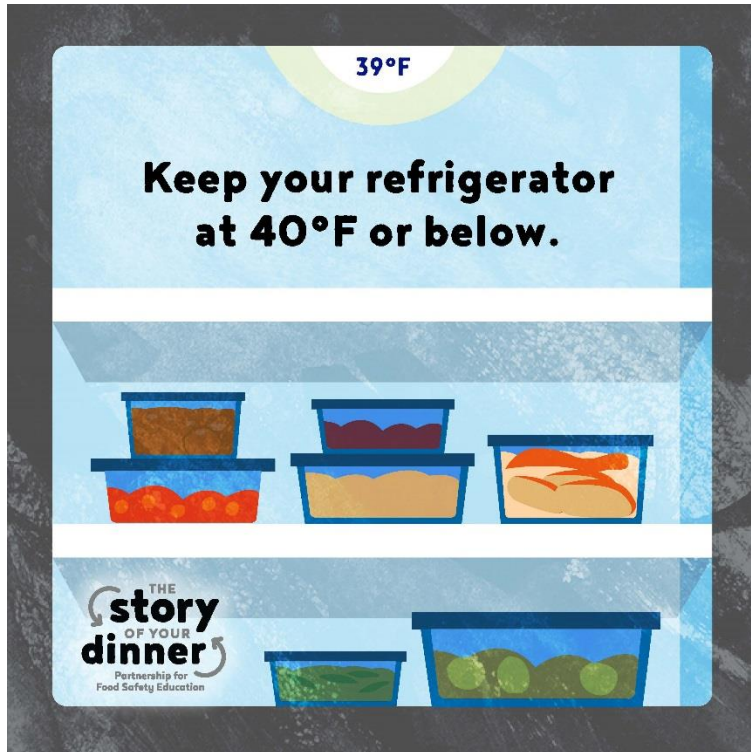
Follow Instructions



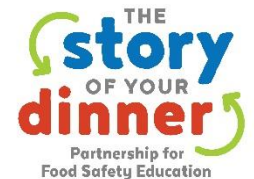
Clean & Separate



Handling Leftovers



BAC Fighter Action Plan



Social Media Strategy

- **Share key messages on your social channels** in one of two ways:
 - ✓ Copy and paste the **suggested posts** from the Social Media Calendar with the accompanying image or video. Note: You can customize the text to fit your brand and content strategy.
 - ✓ **Share or re-post PFSE's posts** from Facebook and/or Twitter.



FightBAC

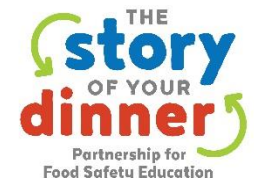


@Fight_BAC

- You can also use this content for other social channels such as **Instagram, LinkedIn, Pinterest, Snapchat, Tumblr** and **YouTube**.
- Always use the hashtag **#StoryofYourDinner** to unify all BAC Fighters' messages and help track conversations.

Join our Twitter Party!

Party with us on **Twitter** as we discuss **turkey safety**.
Share posts, **answer** the questions and
encourage your network to watch, too!



Local Market Media Pitching Strategy

Share timely food safety stories with local daily newspapers, radio and television stations!

- **Step 1:** Find local newspaper editors, radio producers and television reporters who have covered similar stories in the past. Google is a great resource.
- **Step 2:** Search the outlet's website for an email address.
- **Step 3:** Email a timely story idea (suggestions to follow). Tip: Offer a food safety expert as a spokesperson.
- **Step 4:** Follow up once via email and once via phone.



Local Market Media Pitching Strategy: Potential Angles

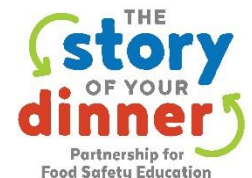
- **Turkey safety tips:** In preparation for Thanksgiving, share tips on how to prepare a safe turkey.
- **Food safety basics:** 1 in 6 get sick with food poisoning because many don't know the food safety basics. Share widely unknown food safety steps including use a food thermometer, separate to avoid cross-contamination, chill within 2 hours, etc.
- **Baking 101:** Many don't know the risks associated with raw flour and raw eggs. Share these timely messages when many plan to bake over the holidays.
- **Leftovers:** There is typically a lull in coverage after Thanksgiving and this is a great time to discuss leftovers. Share leftover tips and discuss how planning and safely managing leftovers can reduce food waste.



Poll Question #2

Which of these resources are you most likely to use for holiday food safety outreach?

1. *Story of Your Dinner* resources
2. Federal agencies' resources
3. My own organization's resources
4. Other resources
5. No plan to promote holiday food safety



Questions



www.fightbac.org

PROTECT YOUR FOOD. PROTECT YOUR FAMILY.
KEEP YOUR FRIDGE AT 40°F OR BELOW.

TEMPERATURE MATTERS

KEEPING YOUR FRIDGE TEMP AT 40° or BELOW
HELPS REDUCE YOUR RISK OF **FOODBORNE ILLNESS***

USE A FRIDGE THERMOMETER
TO MEASURE TEMPERATURE AND STAY FOOD SAFE

EVERY YEAR IN THE U.S.
1 IN 6 PEOPLE
GETS SICK FROM CONTAMINATED FOOD

THE CDC ESTIMATES
LISTERIOSIS CAUSES ABOUT
1,600 ILLNESSES &
250 DEATHS ANNUALLY

PREGNANT WOMEN ARE
10X MORE LIKELY
TO CONTRACT FOODBORNE ILLNESS

FIGHT BAC LIKE A PRODUCE PRO

SMALL SIZES FOR QUIET

REFRIGERATOR

WASHING AT HOME



FIGHT BAC[®] LIKE A producepro

CHECK
For Bruising or Damage



CLEAN
Hands, Surfaces and Utensils



RINSE
Fresh Fruits and Vegetables



SEPARATE
From Contaminants



CHILL
Cut Produce Below 40°F



THROW AWAY
If in Doubt, Throw It Out



Don't rinse meat or poultry.



THE story OF YOUR dinner
Partnership for Food Safety Education

Start with a clean scene.



THE story OF YOUR dinner
Partnership for Food Safety Education

**NO MATTER HOW YOU COOK!
ALWAYS USE A THERMOMETER!**



FIGHTBAC.ORG

Don't WING IT
PRACTICE SAFE POULTRY HANDLING



PLACE POULTRY IN A PLASTIC BAG PROVIDED AT MEAT COUNTER

Help avo

www.fightb

THE **story** OF YOUR **dinner**

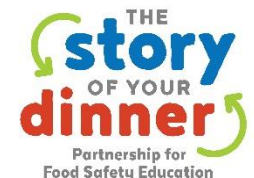
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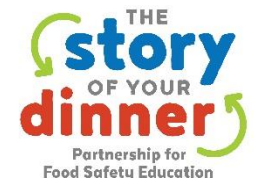
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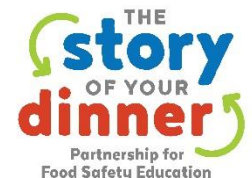
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National Grocers Association
National Pork Board
National Restaurant Association
National Turkey Federation
North American Millers' Association
NSF International
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Tyson Foods
United Fresh Produce Association
Wegmans

Federal Government Liaisons

Centers for Disease Control and Prevention
U.S. Food & Drug Administration, CFSAN
U.S. Department of Agriculture, FSIS FSES
U.S. Department of Agriculture, NIFA



Continuing Education Units

****FINAL REMINDER****

Get your CEU certificate – 3 ways

1. Download certificate from sidebar now
2. Follow-up email
3. Download at fightbac.org under “Events” tab and “Webinar Recordings”

Hold the Date!



From Consumers to Chefs

**FOOD SAFETY
EDUCATION MATTERS**

MARCH 6-8, 2019

Survey

A **survey** will pop up immediately following this webinar.



Please respond to it.

Then we'll know how to serve you better!

Thank you!

Thank you!



Marianne H. Gravely, MS
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U.S. Department of Agriculture
marianne.gravely@fsis.usda.gov



Shelley Feist
Executive Director
Partnership for Food Safety Education
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