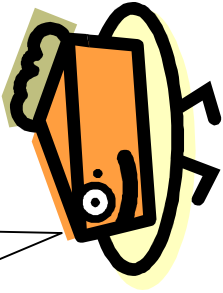
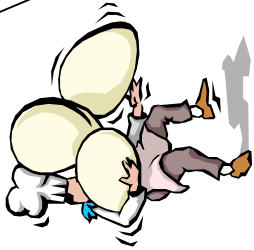


Be EGG-s-tra CAUTIOUS!!



This Holiday Season be on the look-out for BACTERIA and

REMEMBER these facts:

Around the holidays people eat a large variety of food. Some may contain uncooked or lightly cooked eggs. But even Grade A Eggs with clean, uncracked shells can be contaminated with Salmonella Bacteria. That's why it's important to cook eggs thoroughly to kill any bacteria that may be present.

REMEMBER!!

Don't taste that ooey gooey tasty *uncooked cookie dough batter!* Raw eggs may contain **SALMONELLA!** Also...

WATCH OUT FOR HOMEMADE EGGNOG!!

USE PASTEURIZED EGGS!!

(This will REDUCE Bacterial Risks!)

People with under-developed or compromised immune systems are more susceptible to foodborne illness.



How To Have A Safe Turkey Dinner

Start early and thaw the turkey **ONLY** in the refrigerator. (A 20 pound turkey takes about 2 or 3 days to thaw completely.)

Be sure the turkey is thawed completely, until no ice appears in the inner cavity and the meat is soft.

(Be cautious: if the inner cavity is still frozen or even partially frozen when you put the turkey in the oven, the outside of the bird will be done before the inside, and the inside temperature will not be hot enough to destroy disease causing bacteria.)

If you mix stuffing a day ahead, pre-mix only the dry ingredients.

(Mixing moist ingredients ahead of time offers the opportunity for bacteria to grow.)



Note:

It is SAFER TO COOK STUFFING SEPARATELY.



However, if you do stuff the bird, do so just before cooking it. Stuff it **LOOSELY** so the stuffing cooks thoroughly.



Insert a meat thermometer into the center of the thickest part of the thigh, breast or stuffing. (*Temperatures should register 165 degrees F for turkey and stuffing.*)



After the meal, immediately refrigerate leftovers such as meat, dressing, gravy or mashed potatoes in separate, shallow, uncovered containers.

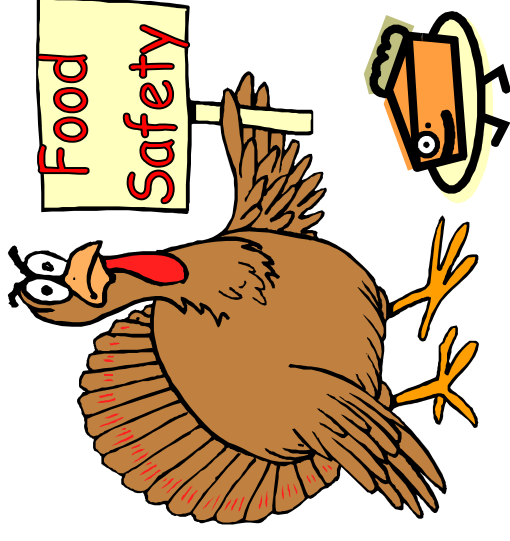
DO NOT LET THESE FOODS SIT OUT AT ROOM TEMPERATURE



Letting uncooked food sit several hours at room temperature allows time for the growth of disease bearing bacteria.

COOK ALL LEFTOVERS TO AT LEAST 165 DEGREES F

HOLIDAY



Brought to you by the:

Island County

Health

Department

Food Program

