

# *Food Safety Tips for Summer and Holidays*

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## Tips to better protect the health of your family:

- ✓ Use a meat thermometer to ensure that food reaches the following safe internal temperature:
  - Poultry (chicken and turkey) 165°F
  - Ground beef 155°F
  - Wild game meats 155°F
  - Pork and fish and eggs 145°F
  - Rare roast beef 130°F
- ✓ Use a meat thermometer to ensure meat with stuffing in the thickest part reaches the proper cooking temperature of 165°F. Remember: Meats such as turkey and chicken can appear cooked on the outside but may not have cooked completely on the inside where bacteria such as *Salmonella* and *E. coli* could survive if the temperature is not hot enough.
- ✓ Remember to clean and sanitize the thermometer after each use. Sanitize with a solution of water and bleach: **approximately 1 teaspoon of bleach per quart of water**. Also, wash with soap and water then sanitize all surfaces, such as sinks and counter tops that were exposed to raw meats with the solution of water and bleach.
- ✓ It is best to stuff the turkey after it is completely done and use only stuffing that is fully cooked. Another option is to serve the stuffing as a side dish.
- ✓ Refrigerate leftover stuffing in a separate dish, never inside the bird where bacteria will easily grow.
- ✓ When taking foods off the grill, **do not put cooked food items back on the same plate that was used for the raw meats**. Use a clean plate that has not had contact with raw meats.
- ✓ **Wash all produce before eating as it may have bacteria on it that can sicken your family**. Even produce with a peel must be washed prior to cutting as you could accidentally carry the contamination from the exterior to the interior of the fruit. So wash items such as watermelons, avocados and cantaloupes before slicing them open.
- ✓ A full cooler will maintain its cold temperature longer than one that is partially filled. So keep plenty of extra ice or freezer packs in the cooler. Keep the cooler tightly shut to ensure a constant cold temperature of 41°F or below.
- ✓ On hot days don't leave perishable foods such as meats, cheese, beans, seafood, poultry, eggs, or anything with a mayonnaise base out for more than one hour.

For more information about food safety, please visit our website at:

[www.tchd.org/EnvironmentalHealth](http://www.tchd.org/EnvironmentalHealth)



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Website: [www.tchd.org](http://www.tchd.org)