

# The Epi Link

## Holiday Food Safety



Keep meat, poultry, seafood, and eggs separate from all other foods at the store and in the refrigerator. Keep juices from meat, poultry, and seafood from leaking onto other foods.

After food is cooked, keep hot food hot and cold food cold. Refrigerate or freeze any perishable food within 2 hours.



Do not taste or eat dough or batter of any kind.

Many holiday favorites contain raw eggs, such as eggnog and tiramisu. Always use pasteurized eggs when making similar dishes.

Go to [cdc.gov](http://cdc.gov) - Holiday Food Safety for more information!

### **Safely thaw your turkey (Or any meat.)**

**Thaw turkey in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave.**

**Avoid thawing foods on the counter.**

**A turkey must thaw at a safe temperature to prevent harmful germs from growing rapidly.**

## Recommended Cooking Times Provided by: [www.foodsafety.gov](http://www.foodsafety.gov)

**Safe Minimum Cooking Temperatures** Use this chart and a food thermometer to ensure that meat, poultry, seafood, and other cooked foods reach a safe minimum internal temperature.

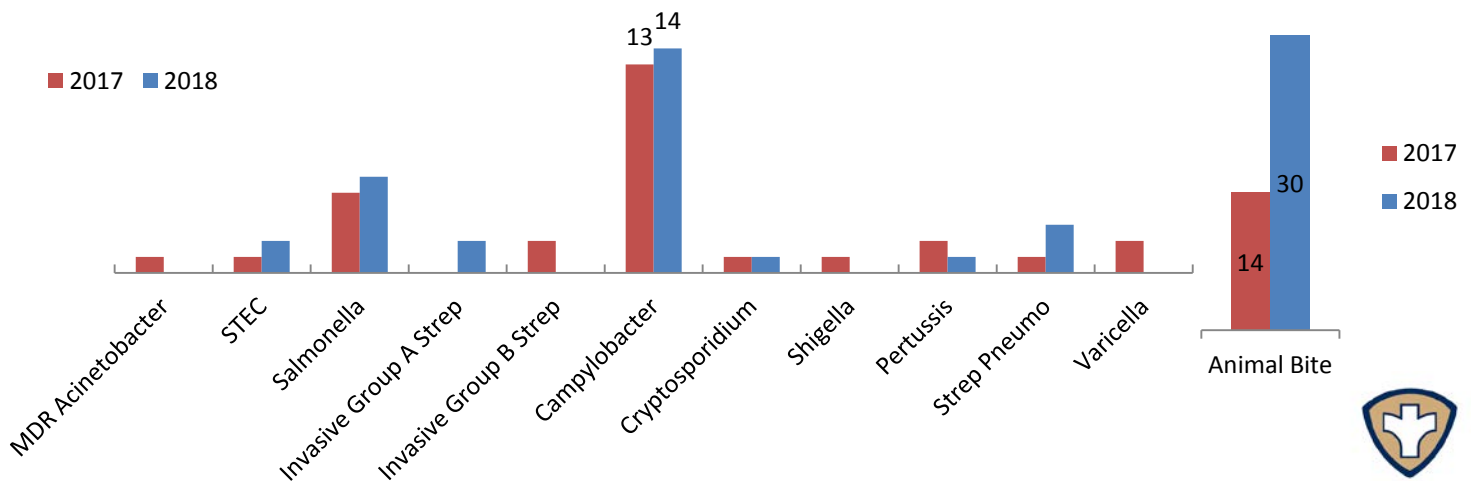
Remember, you cannot tell whether meat is safely cooked by looking at it. Any cooked, uncured red meats – including pork – can be pink, even when the meat has reached a safe internal temperature.

**Why Rest Time is Important** After removing meat from a heat source, allow it to rest for the specified amount of time. During the rest time, its temperature remains constant or continues to rise, which destroys harmful germs.

Category	Food	Temperature (°F)	Rest Time
Ground Meat and Meat Mixtures	Beef, Pork, Veal, Lamb	160	None
	Turkey, Chicken	165	None
Fresh Beef, Veal, Lamb	Steaks, Roasts, Chops	145	3 Minutes
Poultry	Chicken & Turkey, Whole	165	None
	Poultry Breasts, Roasts	165	None
	Poultry Thighs, Legs, Wings	165	None
	Duck & Goose	165	None
	Stuffing (cooked alone/in bird)	165	None
Pork and Ham	Fresh Pork	145	3 Minutes
	Fresh Ham (raw)	145	3 Minutes
	Precooked ham (to reheat)	140	None
Eggs and Egg Dishes	Eggs	Cook until yolk and white are firm	None
	Egg dishes	160	None
Leftovers and Casseroles	Leftovers	165	None
	Casseroles	165	None
Seafood	Fin Fish	145 or cook until flesh is opaque and separates easily with a fork	None
	Shrimp, Lobster, Crabs	Cook until flesh is pearly and opaque	None
	Clams, Oysters, Mussels	Cook until shells open during cooking	None
	Scallops	Cook until flesh is milky white/opaque and firm	None

### 2017 and 2018 October Case Comparison of Selected Illness\*

\*All data are provisional. All data points without labels are <10 cases.



Communicable Disease Reporting

For more information call: Laurie Burton – 806-378-6321 or Kirstin Williams – 806-378-6353