

HOLIDAY FOOD SAFETY TIPS



TRIO Community Meals

PLANNING AHEAD

Thaw frozen foods in the refrigerator, allowing 24 hours for every 4-5 pounds of turkey.

Keep raw meats separate from other groceries to prevent cross-contamination.

Inspect packaging for leaks or damage before purchasing.

PREPARING SAFETY



Cleanliness First

Wash hands for 20 seconds with soap before & after.

Sanitize cutting boards, countertops, & utensils.



Avoid Cross-Contamination

Use separate cutting boards for raw meats & vegetables.

Never reuse marinades that touched raw meat.



Cook to Safe Temperatures

Turkey: 165°F (74°C)
Beef/Pork: 145°F (63°C)

Use a food thermometer for accuracy.

SERVING SAFETY

Time & Temp

Hot foods: >140°F | Cold foods: <40°F

Two-Hour Rule

Refrigerate perishable foods within 2 hours.

Use shallow containers to cool food quickly.

LEFTOVER SAFETY

Store leftovers in shallow containers within two hours of serving.

Eat refrigerated leftovers within 3-4 days or freeze them.

Reheat all food to 165°F before serving.