

Living Well Tip of the Week

Follow the four food safety steps for a Thanksgiving meal that is delicious and safe!

Clean

- Wash hands frequently
- Be sure that utensils, plates & work surface are thoroughly cleaned

Separate

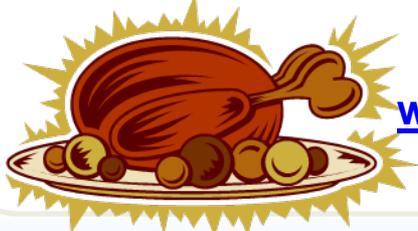
- Avoid cross-contamination by separating raw meat & poultry from foods that will not be cooked

Cook

- Use a food thermometer to verify that the turkey has reached a high enough temperature to destroy harmful bacteria: *Whole turkey, thighs & wings should reach 180 F. Turkey breast should reach 170 F. Stuffing should reach 165 F*

Chill

- Refrigerate or freeze perishables, prepared food, & leftovers within 2 hours. Cut turkey into smaller pieces. Slice the breast meat. Wings & legs may be left whole. Place turkey into shallow containers for storing in the refrigerator



Go to the Living Well Health Manager powered by WebMD at www.webmdhealth/ut and select “Health Topics”, enter “Nutrition” to the search engine for more tips and tools.