



HOLIDAY SAFETY

GRAPHIC 1



CAPTION

Follow the two basic rules for safe holiday meals: cook hot, store cold! Bacteria lives in the “danger zone” of 40°F to 140°F. See temperatures for safely cooking different foods. Keep family and friends safe with more holiday meal tips: health.ny.gov/foodsafety

GRAPHIC 2



CAPTION

Never thaw food on the counter because bacteria multiply quickly in the parts of the food that reach room temperature. Thaw frozen food safely in the refrigerator, in cold running water in the microwave, or as part of the cooking process. See more tips for preparing safe holiday meals:

health.ny.gov/foodsafety



GRAPHIC 3



CAPTION

Keep raw meat—like turkey—separate from other foods. That means using separate cooking utensils, too. The juices from raw meat may contain bacteria that make people sick. health.ny.gov/foodsafety

GRAPHIC 4



CAPTION

Wash your hands before preparing food, and wash utensils, cutting boards, and countertops with hot, soapy water after preparing each food item. Learn more: health.ny.gov/foodsafety



GRAPHIC 5



CAPTION

Cook food thoroughly. Color is not a reliable indicator of doneness. Use a food thermometer to make sure meat, chicken, turkey, seafood, and eggs have been cooked to a safe internal temperature to kill germs. Learn more: health.ny.gov/foodsafety

GRAPHIC 6



CAPTION

Bacteria can grow in food at room temperature and can make you sick. Refrigerate leftovers within 2 hours to prevent bacteria from growing. Learn more: health.ny.gov/foodsafety