

# Food Safety Tips to Keep Your Holidays Healthy

This fact sheet is for informational purposes only. It is not intended to take the place of medical advice, diagnosis or treatment. Always talk to a health care professional about any health concerns you have, and before you make any changes to your diet, lifestyle or treatment.

## Backseat Turkey and other Holiday Hazards:

- If you're taking hot or cold food to a party or gathering, keep hot foods hot (60° C/140° F or warmer) and cold foods cold (4° C/40° F or colder). To keep hot foods hot, use insulated thermal containers or wrap hot food in foil and cover with heavy towels. Cold foods can be kept cold in coolers containing ice or frozen gel packs. Use a thermometer to ensure your food is kept at safe temperatures.
- Raw or undercooked poultry may be contaminated with bacteria like salmonella. Cook raw poultry to a high enough temperature (see chart below) to kill bacteria and make it safe. Use a food probe thermometer to test the temperature of the thickest part of the breast or thigh.

Poultry, whole	82°C (180°F)
Poultry parts	74°C (165°F)
Ground meat containing ground poultry	74°C (165°F)
Stuffing, cooked alone or in bird	74°C (165°F)

- Going buffet style for your holiday party? Consider using smaller plates for hot/cold dishes. You can keep extras in the fridge until needed. If the food will be out longer than two hours, you'll need warming units and ice trays. Remember: "Keep the hot stuff hot and the cold stuff cold."
- Leftovers. If you don't put them in the fridge within two hours of cooking, forget about it. Disease-causing bacteria can grow quickly at room temperature. Refrigerate or freeze food that has been left at temperatures between 4° to 60° C (room temperature) within two hours in shallow dishes. Reheat leftovers to 74° C/165° F or warmer, or until steamy throughout prior to serving.

- Sanitize kitchen counters, especially after handling raw meat, fish or dairy products. To sanitize kitchen counters, tables, taps, sinks and appliances (including fridge door handles), follow these steps: Mix 5 mL (1 teaspoon) of household bleach per 750 mL (3 cups) of water. Put the mixture in a clean labeled spray bottle. Squirt the mixture on countertops and other surfaces. Wipe with a clean cloth or paper towel.