



# Safe Turkey Tips



## **SEPARATE FOODS** - Don't cross-contaminate

When you shop, keep the turkey away from other foods in your shopping cart.

Place the turkey below other foods in your refrigerator in order to prevent other foods from becoming contaminated with juices from the turkey.

Use separate cutting boards for cooked foods and raw foods.

Never put the cooked turkey on the unwashed plate that previously held the uncooked turkey.

## **CLEAN** your hands and food surfaces often.

Wash your hands with hot soapy water before you touch the turkey and after you use the bathroom, change diapers, and play with pets.

Wash all cutting boards, dishes, kitchen tools and counter tops with hot soapy water after you finish fixing the turkey.

## **COOK** foods to safe temperatures.

Cook the turkey thoroughly. Use a food thermometer to check for doneness.

Cook whole turkey unstuffed (or dark meat only) to 180°F

Cook a turkey breast to 170°F

## **CHILL** foods appropriately.

It is best to thaw the turkey in the refrigerator, NOT at room temperature.

8 to 12 pounds	1 to 2 days
12 to 16 pounds	2 to 3 days
16 to 20 pounds	3 to 4 days
20 to 24 pounds	4 to 5 days

In a pinch you can also thaw the turkey in cold water. Be sure to cook the thawed turkey immediately.

Put prepared foods and leftover turkey in the refrigerator within two hours.

Split large amounts of leftovers into small bowls and cool them in the refrigerator

Source: Massachusetts Department of Public Health

Food Protection Program - <http://www.mass.gov/dph/fpp/turkey.htm>

## **Practice safe cooking habits as well—cooking fires are the number one cause of home fires and home fire injuries.**

- Never leave food cooking on the stovetop or inside the oven unattended.
- Keep cooking areas clean and free of potholders, rags, curtains, food packaging and other items that can fuel fire.
- Create a three-foot kid-free zone around your stove—and keep pets away too.
- Avoid loose clothing and long sleeves that can easily catch fire when cooking.
- For an oven fire, turn off the heat and keep the door closed to prevent flames from burning you or your clothing.
- For small grease fires, put on an oven mitt, turn off the burner and smother the flames by carefully sliding the lid over the pan. NEVER pour water or discharge a fire extinguisher onto a grease fire—these actions can actually spread the fire.
- For microwave fires, keep the door closed and unplug the microwave. Call the fire department and be sure to have the microwave serviced before you use it again.

Source: National Fire Protection Association (NFPA) and U.S. Fire Administration

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