

# Prevent Food Poisoning

## Holiday Feast Safety Tips

### Preparation

- Check** *sell-by-date* expiration
- Defrost** turkey in refrigerator or cold water

Refrigerator	Cold Water
<ul style="list-style-type: none"> <li>▪ One day for every 5lbs</li> <li>▪ Approximately <b>4 days</b> for a <b>20lbs</b> turkey</li> </ul>	<ul style="list-style-type: none"> <li>▪ Change water every <b>30 min</b></li> <li>▪ Approximately <b>12 hours</b> for a <b>20lbs</b> turkey</li> </ul>

- × **Do not** defrost turkey at room temperature
  - Bacteria can multiply on the outside before the inside layers have defrosted
- × **Do not** refreeze a thawed, uncooked turkey

### Cooking

- Use** a meat thermometer until *internal* temp of turkey is 180 °F
- Check** turkey juices (Make sure juices run clear, **not** pink in the thickest area of the thigh)

- × **Do not** partially cook the turkey one day and continue roasting the next day
- × **Do not** stuff turkey night before cooking

### Storage

- Refrigerate** stuffing and turkey in separate containers
- Use** leftover turkey within 3-4 days
- Use** leftover stuffing within 1-2 days

- × **Do not** leave leftovers out on the counter for more than 2 hours
- × **Do not** store leftover stuffing inside the turkey



Florida Poison Information Center – Tampa: 1-800-222-1222 [www.poisoncentertampa.org](http://www.poisoncentertampa.org)

