

Holiday Food Safety



- Plan ahead for enough oven, refrigerator and freezer space.
- Refrigerate food promptly after shopping. If making several stops, purchase food last.
- Always wash hands before cooking.
- Thaw a turkey submerged in cold running water for several hours or in the refrigerator for several days using a drip pan to catch leaks.
- Roast the turkey and stuffing to a minimum internal temperature of 165°F measured in the innermost part of the thigh and the thickest part of the breast with an accurate thermometer. Do not rely on a pop up indicator.
- Wash everything that comes in contact with raw eggs, raw meat, or raw poultry and its juices, including the sink, utensils, cutting board and your hands.
- Never place cooked food back on the same plate that held raw food.
- Discard any perishable food that is left out at room temperature longer than 2 hours. When in doubt, throw it out.
- Promptly refrigerate leftovers. Divide food into smaller portions to chill quickly.
- If transporting food, use insulated coolers to keep food hot or cold. Wrapping casseroles in newspapers will also help food keep the appropriate temperature.
- Custard pies, including pumpkin must be stored in a refrigerator.
- Homemade eggnog must be made with pasteurized eggs.

Lake County
General Health District



Public Health
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