



**FOR IMMEDIATE RELEASE**

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**Don't let your Thanksgiving turkey bite you back!**

**Eau Claire, Wisconsin – November 25, 2019** –Thanksgiving is right around the corner. And for many people, that includes turkey! 1 in 6 people in the United States will get sick from a foodborne illness this year. The Centers for Disease Control (CDC) estimates that each year 17,000 Eau Claire County residents will become sick from eating unsafe food. “Unsafe food handling and undercooked turkey can lead to serious foodborne illness,” says Iris Casey, Environmental Health Specialist.

**Whether you have been cooking for years or this is your first time making a thanksgiving meal, be sure to follow these food safety tips to prepare a delicious and safe meal this thanksgiving.**

<https://www.foodsafety.gov/sites/default/files/2019-05/thanksgiving-turkey-food-safety-infographic.jpg> (image on following page).

For more helpful information about how to keep your thanksgiving dinner safe, visit:

- <http://www.cdc.gov/features/turkeytime/>
- <http://www.foodsafety.gov/keep/types/turkey/>
- <http://www.foodsafety.gov/keep/events/thanksgiving/>

**LET'S TALK  
TURKEY**

Unsafe food handling and  
under-cooking your holiday bird  
can cause food-borne illness.





# LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



\*For more information about each type of turkey, visit [fsis.usda.gov](http://fsis.usda.gov).

## 3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

### Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

### How to thaw:

Allow approximately 24 hrs. for every 4-5lbs of bird.

### Cold water:

Cook immediately after thawing.

### How to thaw:

Submerge the bird in cold water & change every 30 mins.

### Microwave:

Cook immediately after thawing.

### How to thaw:

Use defrost function based on weight

For more information on safe thawing methods, visit [fsis.usda.gov](http://fsis.usda.gov)

### DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!



## Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils Plates Countertops Cutting boards } SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

### SO DON'T WASH YOUR TURKEY!!

## SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

## COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color. Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

## CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:  
Visit [foodsafety.gov](http://foodsafety.gov)

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit [AskKaren.gov](http://AskKaren.gov). Visit [PregunteleaKaren.gov](http://PregunteleaKaren.gov) for questions in Spanish.



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