

CDPH OFFERS FOOD SAFETY TIPS FOR HOLIDAY FEASTS

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Contact: Al Lundeen (916) 440-7259

SACRAMENTO

As the holiday season ramps up, the California Department of Public Health (CDPH) is reminding Californians about the importance of safe food handling to prevent foodborne illness.

"Thorough cooking, adequate refrigeration, good hand washing and work area hygiene are the key practices to prevent foodborne illness," said CDPH Director Dr. Mark Horton. "Properly prepared and handled foods ensure not only a safe holiday meal, but a safe meal every day."

The federal Centers for Disease Control and Prevention estimates that 76 million illnesses, 325,000 hospitalizations, and 5,000 deaths annually in the United States are related to foodborne diseases.

Salmonella and E. coli O157:H7 are two very common bacterial pathogens that every year are responsible for thousands of cases of foodborne illnesses, caused by ingesting contaminated foods. Contamination usually occurs as a result of poor food handling practices.

Symptoms of infection with Salmonella include fever, abdominal cramps, and diarrhea which may be bloody. Symptoms of E. coli O157:H7 infection may include abdominal cramps and diarrhea which is often bloody. Most infected people recover from foodborne illnesses within a week. Some, however, may develop complications that require hospitalization. Young children and the elderly are at highest risk for potentially life-threatening complications, such as kidney failure.

Foodborne diseases can be prevented by simple safety steps in the kitchen. Wash hands with soap and warm water before and after food preparation, and especially after handling raw foods. Clean all work surfaces, utensils and dishes with hot soapy water and rinse with hot water after each use. Be sure to cook foods thoroughly and to refrigerate adequately between meals.

[Click here for recommended cooking temperatures and other food safety tips.](#)

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FOOD SAFETY TIPS FOR HOLIDAY FEASTS



The Centers for Disease Control and Prevention estimates that **5,000 deaths, 76 million illnesses, and 325,000 hospitalizations** annually in the United States are related to foodborne diseases – don't be one of them! Follow these simple safety tips so you and your guests can enjoy the holidays in good health.

Cook foods to proper temperatures

- Before cooking, rinse poultry and seafood thoroughly in cold water and drain well.
- Always use a meat thermometer to ensure that meat is thoroughly cooked.

Food Item	Minimum Internal Temp.
Turkey, other poultry or ground poultry	165° F
Beef, veal, and lamb steaks, roasts and chops	145° F
Pork, including ham	160° F
Stuffed meat, poultry and fish; any food stuffed with fish, meat or poultry	165° F
Eggs and foods containing raw eggs	145° F
Leftovers <i>*Cooking times in microwaves may vary. Cooking whole, stuffed poultry in a microwave is not recommended. Foods cooked or reheated in microwaves should be stirred or turned occasionally to ensure that all parts of the food are thoroughly cooked.</i>	165° For until hot and steaming throughout

Keep hands and food contact surfaces clean

- Always wash your hands with warm, soapy water before and after handling raw foods.
- Thoroughly clean all work surfaces, utensils and dishes with hot soapy water and rinse with hot water before and after each use.



DANGER ZONE
Bacteria reproduce rapidly at temperatures between 41° and 135°F

Refrigerating and Thawing Foods

- Refrigerate or freeze meat, poultry and seafood promptly after purchase.
- Perishable items, such as eggs, fresh fruit juices and pre-packaged fruits and vegetables, salad mixes, or fresh soup must be stored under refrigeration.
- Thaw frozen meat, poultry and seafood inside the refrigerator in its original wrapping.
- Thawing a turkey may take two to four days. Turkeys can also be thawed by placing the frozen turkey in a watertight wrapper and immerse in cold – not hot or warm – water until the meat is pliable. Change the water every half hour.
- Turkey may be defrosted in the microwave, but must be cooked immediately after microwave thawing.

Don't cross-contaminate

- Always wash fruits and vegetables in clean sinks under running water.
- Keep fruits and vegetables away from all raw meats, poultry, eggs, and fish
- When taste-testing food, ladle a small amount of it into a dish and taste with a clean spoon.