



PRACTICE FOOD SAFETY TECHNIQUES THIS HOLIDAY SEASON

November 5, 2019 | The holiday season is knocking at our back door, and with it comes the much-anticipated excitement of delicious food.

District Health Department #10 (DHD#10) would like to remind people of tips from the Centers for Disease Control and Prevention (CDC) when it comes to food safety techniques this holiday season.

Keep you and your loved ones in the holiday spirit by practicing these techniques and not worrying about foodborne illnesses:

- 1. Keep it clean.** Please, please, please, wash your hands with soap and running water for at least 20 seconds before preparing, eating, or handling food. Also, make sure to wash your cutting boards, utensils, plans, and countertops with hot, soapy water before and after preparing food.
- 2. Separate it out.** Raw meat, poultry, seafood and eggs should stay separate from fresh foods that won't be cooked before eating, when picking up from the grocery store, storing in the refrigerator, and preparing to serve.
- 3. Cook it completely.** Everyone's worst nightmare- the turkey or ham wasn't cooked all the way and now people are sick. Make use of a food thermometer to ensure foods are cooked to the correct temperature to kill bacteria. Pay attention to the labeling on food packages and to make sure the internal cooking temperature and resting guidelines have been met. Visit <https://www.foodsafety.gov/food-safety-charts/safe-minimum-cooking-temperature> for more information.
- 4. Serve it safely.** Simply said, keep your hot foods hot and your cold foods cold. Hot foods should be kept at 140° F or warmer in a slow cooker or warming tray and cold foods at 40° F or colder in the refrigerator or on ice.
- 5. Time it out.** Follow the 2-Hour rule: Foods that require refrigeration should be refrigerated within two hours. If perishable foods are out past two hours, play it safe and throw them away.
- 6. Save those leftovers!** Leftovers are like the holiday all over again. To keep your leftovers lasting longer, divide them into smaller portions and refrigerator or freeze within two hours of preparation. Then, you can enjoy them when you're ready.

For more information about food safety, you can visit www.cdc.gov/foodsafety.

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program,



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Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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