

	Internal Temperature
<b>Ground Meat &amp; Meat Mixtures</b>	
Beef, Pork, Veal, Lamb	160 °F
Turkey, Chicken	165 °F
<b>Fresh Beef, Veal, Lamb</b>	
Medium Rare	145 °F
Medium	160 °F
Well Done	170 °F
<b>Poultry</b>	
Chicken & Turkey, whole	165 °F
Poultry parts	165 °F
Duck & Goose	165 °F
Stuffing (cooked alone or in bird)	165 °F
<b>Fresh Pork</b>	
Medium	160 °F
Well Done	170 °F
<b>Ham</b>	
Fresh (raw)	160 °F
Pre-cooked (to reheat)	140 °F
<b>Eggs &amp; Egg Dishes</b>	
Eggs	Cook until yolk & white are firm
Egg dishes	160 °F
<b>Seafood</b>	
Fin Fish	145 °F Flesh is opaque
Shrimp, Lobster & Crabs	flesh pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking
Scallops	Milky white or opaque & firm
<b>Leftovers &amp; Casseroles</b>	<b>165 °F</b>

## LOVING LEFTOVERS

Having leftover turkey and other dishes means you can have additional tasty meals the day after your feast. But remember, temperature and time cause bacteria to grow which is why it is so important your refrigerator is cold enough and you not keep leftovers too long.

Leftovers must go into the refrigerator within 2 hours. Carve turkey meat from the bones, place in shallow containers, and put in the refrigerator or freezer. Use cooked refrigerated leftover turkey,

stuffing and gravy within 3-4 days. Cooked turkey keeps for 3-4 months in the freezer. When using leftovers, reheat the foods to 165 °F or until hot and steaming; bring gravy to a boil before serving.

*Even when refrigerated properly (at 40 °F), leftovers should be eaten, frozen or discarded within 3 to 4 days.*

Find delicious recipes using leftovers at [www.HolidayFoodSafety.org](http://www.HolidayFoodSafety.org)

## FOOD SAFETY SUPPORT

### U.S. Food and Drug Administration

1-888-SAFEFOOD: For questions about safe handling of the many foods that go into a delicious holiday meal, including eggs, dairy, fresh produce, and seafood.

### U.S. Department of Agriculture

Meat and Poultry Hotline, 1-888-MPHOTLINE (1-888-674-6854). M-F, 10 a.m. – 4 p.m. EST.

Open Thanksgiving Day, 8 a.m. – 2 p.m. EST. Email questions to [mpholine.fsis@usda.gov](mailto:mpholine.fsis@usda.gov). Or ask a food safety question at [AskKaren.gov](http://AskKaren.gov)

The non-profit Partnership for Food Safety Education saves lives and improves public health through research-based, actionable consumer food safety initiatives that reduce food borne illness.

[www.HolidayFoodSafety.org](http://www.HolidayFoodSafety.org)  
[www.FightBac.org](http://www.FightBac.org)

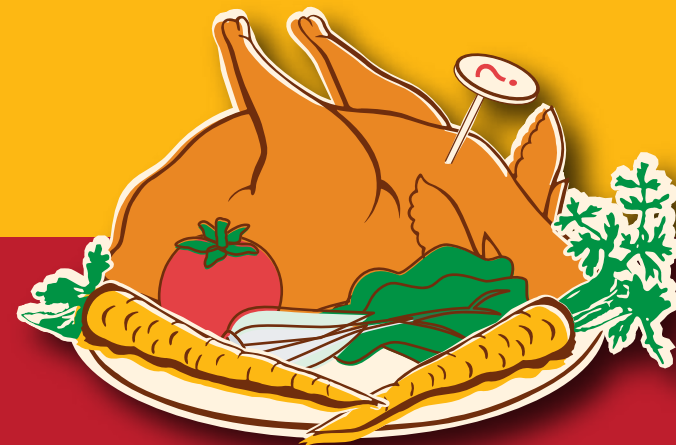
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[www.EatTurkey.com](http://www.EatTurkey.com)



GiantEagle.com

# 145°?



# 165°?

[HolidayFoodSafety.org](http://HolidayFoodSafety.org)

Important tips on how to have a safe and tasty Holiday feast, recipes, and fun activities for kids at [HolidayFoodSafety.org](http://HolidayFoodSafety.org)

## KITCHEN READY

### Start with a Clean Scene

Bacteria can spread throughout the kitchen and get on hands, utensils, and kitchen surfaces. Frequent cleaning can keep that from happening. Wash cutting boards, dishes, utensils, and counter tops with hot water and soap after preparing each food item and before you go on to the next food.

After cleaning you might want to sanitize the countertop and your cutting boards using a diluted bleach solution of 1 T unscented liquid bleach (not more) to 1 gallon of water. Let the bleach solution stand on the surface for a few minutes, then rinse and blot dry with clean paper towels.

Have plenty of clean cloth towels (or paper towels) on hand for the meal preparation and clean-up. If you use cloth towels, wash them often in the hot cycle of your washing machine.

### The Basics:

## CLEAN, SEPARATE, COOK & CHILL

**CLEAN:** A clean kitchen counts! But remember, all cooks in the kitchen need to wash their hands with warm water and soap for 20 seconds before and after handling food.

Rinse fruits and vegetables under running tap water just before eating. Rub (or scrub with clean brush) firm-skin produce under running tap water.

**SEPARATE:** Cross-contamination is how bacteria spreads. Keep raw meat, poultry, seafood, and eggs and their juices away from ready-to-eat foods.

**COOK:** Even for experienced cooks, the improper preparation and cooking of food means bacteria can survive. Use a food thermometer—you can't tell food is cooked safely by how it looks.

**CHILL:** Bacteria spreads fastest at temperatures between 40 °F and 140 °F, so chilling food properly (at a refrigerator temperature of 40 °F or below) is one of the most effective ways to reduce the risk of food borne illness.

## SAFE HANDLING of HOLIDAY TURKEY

**Be prepared!** Before purchasing your turkey, make ample space in your refrigerator or freezer, moving shelves if necessary.

**Fresh or frozen?** Fresh turkeys have shorter shelf lives, but provide convenience since they do not require thawing time. By choosing a frozen turkey, you can buy in advance and take advantage of special sales.

**What size to buy?** Purchase at least one pound of uncooked whole turkey per person. You'll have enough for the feast and for leftovers too (see [holidayfoodsafety.org](http://holidayfoodsafety.org) for more purchasing details).

**Thawing.** Turkey can be safely thawed in the refrigerator or in cold water. The refrigerator method is the safest and will result in the best finished product. Leave the bird in the original packaging and place in a shallow pan and allow refrigerator thawing time at a rate of 4 to 5 pounds per 24 hours. To thaw in cold water, keep turkey in the original packaging, place in a clean and sanitized sink or pan, and submerge in cold water. *Change the cold water every 30 minutes.* The turkey will take about 30 minutes per pound to thaw. If thawed in cold water, cook immediately.

Once thawed, remove neck and giblets from the neck and body cavities and keep bird and parts

(if using) refrigerated at 40 °F or below until it is ready to be cooked.

**Cooking.** The single most important thing to know, no matter the preparation method, is that the turkey must be cooked to the safe minimum *internal temperature as measured with a food thermometer*. A stuffed turkey will take additional time to cook.

**Stuff Safely.** For optimum safety and more even cooking, it's recommended to cook your stuffing in a casserole. If you do put stuffing in the turkey, prepare and stuff it just before the turkey goes into the oven. Stuff the turkey loosely, about ¾ cup stuffing per pound of turkey. Cooked inside or outside the bird, all stuffing and dressing recipes must be cooked to a minimum temperature of 165 °F as measured with a food thermometer.

**Take the temperature!** Insert a food thermometer into the thickest part of the thigh, not touching bone. Cook to a minimum internal temperature of 165 °F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. For reasons of personal preference, cook turkey to higher temperatures but not to exceed 170 °F in the breast and 180 °F in the thigh. Remember, the center of the stuffing should reach a minimum of 165 °F before removing the turkey from the oven.

Let the turkey rest for 20 minutes for easier carving.

Quick Reference:

### Turkey, Temp and Time!

Conventional Oven

12 to 14 pound unstuffed turkey

Roasting at 325 °F

= 3 to 3 ¾ hours

*See a chart of turkey, temp and time combinations at [HolidayFoodSafety.org](http://HolidayFoodSafety.org)*