

PREVENTION WEDNESDAY

SUN MON TUE

THUR FRI SAT

City of Baltimore

Health Department

Keeping Holiday Meals Safe

Follow these simple steps to ensure a safe meal for your family and friends this holiday season.

DO pack precooked and cold dishes in an ice-filled cooler, even for short distance travel.

Don't eat food left out at room temperature for longer than 2 hours.

Do use a thermometer to check the internal temperature of meat and poultry.

Don't defrost food at room temperature or in hot water.

For more food safety advice, ask Inspector O at:

www.askinspectoro.org

Prevention at your fingerTIPS:

Tip 1 Clean: Wash hands often – prior to touching utensils, after handling raw meat, and every time you sneeze or cough.

Tip 2 Wipe: Clean food-contact surfaces frequently.

Tip 3 Separate: Keep raw meat, poultry and seafood and their juices away from other foods.

Tip 4 Cook: Heat foods to proper temperatures.

Tip 5 Chill: Refrigerate food promptly.

Based on advice from the United States Department of Agriculture (USDA)

In case of suspected foodborne illness

Call the Health Department if the suspect food was:

- served at a large gathering;
- from a restaurant or other foodservice facility; or
- a commercial product.

311 – One Call Center

Resources and References

Fight BAC! - Food Safety Educational Tools and Programs

<http://www.fightbac.org/>

"Ask Karen," FSIS Web-Based Automated Response System

http://www.fsis.usda.gov/Food_Safety_Education/Ask_Karen/index.asp#Question

USDA - Safe Food Handling: Cooking for Groups

http://www.fsis.usda.gov/Fact_Sheets/Cooking_For_Groups_Index/index.asp

Government Food Safety Information

<http://www.foodsafety.gov/>

The Bad Bug Book - Basic facts on foodborne pathogenic microorganisms and natural toxins

<http://www.cfsan.fda.gov/~mow/intro.html>

Center for Food Safety and Applied Nutrition's (CFSAN) Outreach and Information Center

<http://www.cfsan.fda.gov/~comm/oic-info.html> or 1-888-SAFEFOOD (1-888-723-3366)