

# PREVENTION WEDNESDAY

SUN MON TUE

THUR FRI SAT

City of Baltimore

Health Department

## Safe Food Handling and Cooking

### Did you know?



Bacteria can spread throughout the kitchen and onto other foods.



Refrigerators should be set at 40°F and the freezer at 0°F.



Food should be defrosted in the refrigerator **not** at room temperature or in hot water.



This year, 772 cases of gastroenteritis, an illness commonly caused by foodborne bacteria have been confirmed.

### Prevention at your finger TIPS:

**Tip 1: Wash hands** before cooking, after going to the bathroom, after touching raw meat, fish or poultry, and after sneezing and coughing.

**Tip 2: Keep** raw meat, poultry and seafood and their juices away from ready-to-eat foods.

**Tip 3: Clean** all products including cutting boards and sponges or dishcloths with bleach.

**Tip 4: Discard** any turkey, stuffing, and gravy left out at room temperature longer than 2 hours.

**Tip 5: If you or your family becomes ill - see a doctor today.** Call Baltimore Healthcare Access: 410-649-0500 or 311 for referrals or help with insurance. If the food was served at a large gathering; from a restaurant or other foodservice facility; or a commercial product. Call 311.

## How to Cook a Turkey



**Thaw the turkey completely before cooking:** Allow the correct amount of time to properly thaw and cook a whole turkey. For example, a 20-pound turkey needs two to three days to thaw completely when thawed in the refrigerator at a temperature of no more than 40°F. A stuffed turkey needs 4 ¼ to 5 ¾ hours to cook completely.

**Cook the turkey completely:** To see if a turkey is done, insert a food thermometer into the inner thigh near the breast of the turkey but not touching bone. The turkey is done when the temperature reaches 180°F. If the turkey is stuffed, the temperature of the stuffing should be 165°F.



## Resources and References

---

**Baltimore Health Care Access**

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

**USDA: Fact Sheet on Poultry Preparation**

[http://www.fsis.usda.gov/Fact\\_Sheets/Lets\\_Talk\\_Turkey/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Lets_Talk_Turkey/index.asp)

**USDA: Fact Sheet on Safe Food Handling**

[http://www.fsis.usda.gov/Fact\\_Sheets/Safe\\_Food\\_Handling\\_Fact\\_Sheets/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Safe_Food_Handling_Fact_Sheets/index.asp)

**Baltimore City Health Department Division of Environmental Health and  
Outbreak Investigation**

[www.baltimorehealth.org](http://www.baltimorehealth.org)

**Benton Franklin Health District**

<http://www.bfhd.wa.gov/eh/fstfse.php>