Enjoy a Safe Holiday Feast
Here are some tips to help ensure you have a safe holiday meal

**Turkey:**
- Thaw frozen turkey in a refrigerator in its original packaging. The thaw formula is 4-5 lbs. per 24 hours. For example, a 15 lb. frozen bird will take 3-4 full days to thaw in the refrigerator
- Stuff turkey *just prior* to cooking
- Cook turkey and stuffing to 165 degrees Fahrenheit. Temperature is the *only* indicator that food is cooked for safety
- Keep hot foods above 140 degrees Fahrenheit
- Refrigerate cold foods (40 degrees Fahrenheit) until ready to serve
- Leftovers cool more quickly in *shallow* containers
- Bring gravy to a boil before re-serving
- Re-heat leftovers to 165 degrees Fahrenheit
- Heat or freeze leftovers within 3-4 days

**Holiday baking:**
Flour is very minimally processed between harvest and retail so it is considered a raw ingredient. Because flour is raw it may contain harmful bacteria such as *E. coli* or *Salmonella* that cause food poisoning. Avoid eating batter or dough that contains raw ingredients. Young children are especially susceptible to illness from raw ingredients such as flour or eggs. Keep everyone healthy by fully baking treats before eating them.

It is not safe to heat treat flour at home in the microwave or oven. A microwave or oven heats unevenly, especially if food has many parts and surfaces like flour. As a result, these at-home heat treatments may not effectively kill all bacteria. Proper cooking or baking is the only way to kill harmful bacteria such as *E. coli* or *Salmonella*.

More information can be found on fightbac.org

Questions about food safety or preparing food for the upcoming holidays can be directed to Nutrition, Food Safety & Health Agent, Kaitlin Moore at 785-243-8185 or kaitlinmoore@ksu.edu.

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