

Fit Kids of SWOK

"Creating an Active and Healthy Community!"



Food Safety Tips for your Holiday Turkey

WE KNOW. You've heard this before. But...we want to remind you anyway.

Food handling errors and inadequate cooking are the most common problems that lead to poultry-associated foodborne disease outbreaks in the United States.¹ Follow these four food safety tips to help you safely prepare your next holiday turkey meal.

1. Safely Thaw Your Turkey

Thaw turkeys in the refrigerator in a container, or in a leak-proof plastic bag in a sink of cold water that is changed every 30 minutes. When thawing a turkey in the microwave, follow the microwave oven manufacturer's instructions. **Never thaw your turkey by leaving it out on the counter.** A thawing turkey must defrost at a safe temperature. When the turkey is left out at room temperature for more than two hours, its temperature becomes unsafe. Bacteria can grow rapidly in the "danger zone" between 40°F and 140°F.

2. Safely Handle Your Turkey

Raw poultry can contaminate anything it touches with harmful bacteria. Follow the four steps to food safety – **cook, clean, chill, and separate** – to prevent the spread of bacteria to your food and family.

3. Safely Prepare Stuffing

Cooking stuffing in a casserole dish makes it easy to make sure it is thoroughly cooked. If you put stuffing in the turkey, do so **just before** cooking. Use a food thermometer to make sure the stuffing's center reaches 165°F. Bacteria can survive in stuffing that has not reached 165°F and may then cause food poisoning. Wait for 20 minutes after removing the bird from the oven before removing the stuffing from the turkey's cavity; this allows it to cook a little more. Learn more about how to **prepare stuffing**.

4. Safely Cook Your Turkey

Set the oven temperature to at least 325°F. Place the completely thawed turkey with the breast side up in a roasting pan that is 2 to 2-1/2 inches deep. Cooking times will vary depending on the weight of the turkey. To make sure the turkey has reached a safe internal temperature of 165°F, check by inserting a food thermometer into the center of the stuffing and the thickest portions of the breast, thigh, and wing joint. Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving the meat. Learn more about **safe minimum cooking temperatures** and how to use a **food thermometer** for turkey and other foods.

Take Care of Leftovers

Clostridium perfringens are bacteria that grows in cooked foods left at room temperature. It is the second most common bacterial cause of food poisoning. The major symptoms are vomiting and abdominal cramps within 6 to 24 hours after eating.

- *Clostridium perfringens* outbreaks occur most often in November and December.²
- Many of these outbreaks have been linked to foods commonly served during the holidays, such as turkey and roast beef.

Refrigerate leftovers at 40°F or colder as soon as possible and within two hours of preparation to prevent food poisoning



Have Questions?

Call the USDA Meat & Poultry Hotline: 1-888-MPHotline (1-888-674-6854)

Chat live with a food safety specialist in English or Spanish at AskKaren.gov ([En Español](#)), 10 a.m.—6 p.m. ET, Monday through Friday. Web-based automated response system available 24/7.

Next Monthly Meeting

November 22, 12pm-1pm

CCMH, Oakwood Conference Rooms 1&2

Food Safety Tips for your Holiday Turkey. (2018, November 16). Retrieved Novem-

Fit Kids of SWOK

Chairman: Dr. Ben Cooper,
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*You can connect with FitKids
on the web!*



[Nov. 2019 Events]

Nov 9 Raised Bed Demonstration—9am,
Lawton Farmers Market @CU

Nov 16 Bike in the Park—9am, ETP

STEAM Gardening Workshop for
Kids—10am, Lawton Farmers
Market @CU

Nov 23 Holiday in the Park—ETP

The Great American Smokeout is Nov. 21st!

More anti-tobacco
work is needed!

TOBACCO STOPS WITH ME.

Talk to your kids - before Big Tobacco does. Be ready to answer their questions.

Why don't you want me to vape/use e-cigarettes?

- E-cigarettes contain ingredients that are addictive and could permanently harm your brain.
- Your brain is still developing, which means you are more vulnerable to addiction. Many e-cigarettes contain nicotine which can change your brain and make you crave more of it. It can also affect your memory and concentration. I don't want that for you!
- E-cigarettes contain harmful chemicals. When people use e-cigarettes, they breathe in particles that can harm their lungs.
- The "cloud" that people exhale from e-cigarettes exposes you to chemicals that are not safe to breathe.
- If you start using vapes now, there's a higher chance you'll start smoking too. Both can be very hard to quit, and they're dangerous to your health.

What's the big deal about nicotine?

- Your brain is still developing until about age 25. The Surgeon General reported that nicotine is addictive and can harm your brain development.
- Using nicotine at your age may make it harder for you to concentrate, learn or control your impulses.
- Nicotine can train your brain to be more easily addicted to other drugs like meth and cocaine.

Aren't e-cigarettes safer than conventional cigarettes?

- Scientific studies show that it isn't safe for you because your brain is still developing. That includes all nicotine products, including e-cigarettes.
- Whether you get nicotine from an e-cigarette or a cigarette, it's still risky.

I thought e-cigarettes didn't have nicotine - just water and flavoring.

- A lot of people think this, but it's not true. E-cigarettes have nicotine and other harmful chemicals.
- Let's look at the Surgeon General's website on e-cigarettes together so you can see for yourself. [E-cigarettes, SurgeonGeneral.gov](https://www.fda.gov/e-cigarettes)

I (or my friends) have tried e-cigarettes and it was no big deal.

- I appreciate your honesty. In the future, I hope you (or your friends) will stay away from e-cigarettes and other tobacco products. E-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Next time we go to the doctor, let's ask about the risks of nicotine, e-cigarettes, and other tobacco products.

You used tobacco, so why shouldn't I?

- If I could live my life over again, I never would have started smoking. I learned that people who smoke cigarettes are much more likely to die from certain diseases than people who don't smoke. That was really scary, so I quit smoking.
- Quitting was really hard, and I don't want you to go through that. The best thing is not to start at all.

Want your message to stick? Set a good example. Children of parents who smoke are more likely to start smoking at an early age. If you use tobacco, consider quitting. Get free help by calling the Oklahoma Tobacco Helpline at 1-800-QUIT NOW or visiting OKhelpline.com.

Oklahoma Tobacco Helpline
1-800-QUIT NOW

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Shape Your Future

TOBACCO STOPS WITH ME.
A Program of TSET