

The Somers Health Department knows that food is an important part of many holiday celebrations. But don't let food-related illness ruin your holiday.

YOUR MAP TO A FOOD-SAFE HOLIDAY

Follow some simple food safety advice to keep you and your guests feeling festive this winter.

PROPER PREPPING

Just as you have a procedure for storing your holiday gifts when you get home, you should have a system for storing your food.

Make sure your fridge is set at or below **40 °F**. Chill perishable groceries within two hours of shopping.

Store raw meats in a container or dish to prevent juices from leaking and set below ready-to-eat foods.

Wash your hands for **20 SECONDS** with warm water and soap!

Be sure to separate raw meat from ready-to-eat foods and dishes.

Don't forget: You need two thermometers. One for the fridge to ensure food is stored at 40 °F. One for food, particularly meat, to ensure it's cooked to the right temperature.

WELCOME TO Roastville

Always use a food thermometer to check that different holiday meats have been cooked to the right internal temperature.

- GROUND BEEF 160 °F
- VEAL* 145 °F
- DUCK 165 °F
- TURKEY 165 °F
- GOOSE 165 °F
- PORK* 145 °F
- LAMB* 145 °F
- STEAK* 145 °F

*Don't forget resting time! Beef, veal, lamb, and pork should rest for **3 MINUTES** before carving or consuming.

HITTING THE ROAD

If you're bringing a dish to a get-together with coworkers, family or friends this holiday season, make sure you are transporting food safely.

KEEP COLD FOOD COLD 40 °F. When transporting cold dishes, place items in a cooler with ice or gel packs to keep food at or below 40 °F.

KEEP HOT FOOD HOT 140 °F. Keep hot foods at or above 140 °F by wrapping dishes in insulation bags or towels and newspaper.

DANGER ZONE

DO NOT ENTER

Perishable food kept in the Danger Zone (between 40 - 140 °F) for longer than 2 hours should be thrown out.

140 °F + 40 °F = 2 hours

EXCEPTIONS

to Danger Zone include ready-to-eat items like:

- cookies
- crackers
- bread
- whole fruit

