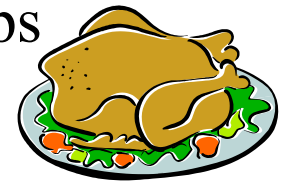


Thanksgiving Food Handling Tips

Brought to you by:
Froedtert Hospital Outpatient Dietitian



Did you know that symptoms of food poisoning are very similar to those of the common flu? Most of the time food poisoning victims can recover quickly- but occasionally, food poisoning can be fatal. By following these 10 common sense food handling rules, you can greatly minimize the risk this Thanksgiving.

1. Wash your hands with soap and water as hot as you can stand it for at least 30 seconds before serving food.
2. Change utensils, gloves and dishes when changing functions to avoid cross contamination. For example, if you have just stuffed a raw turkey, it is important to clean or change the cutting board before cutting vegetables for a fresh vegetable tray.
3. Sanitize the food preparation area. Use paper towels during prep, serving and clean up.
4. Leftovers? When in doubt, throw it out. Refrigerate or freeze leftovers promptly in small containers.
5. Immediately after dinner, seal all food garbage in plastic garbage bags and dispose.
6. Thaw foods in refrigerator. Never thaw foods at room temperature. Cook foods immediately after thawing.
7. Avoid cross contamination by having one person serve.
8. Never leave hot food out for over 2 hours or cold food out for over 4 hours.
9. Frequently change kitchen towels and sponges since these can harbor bacteria.
10. Be careful not to use the same cutting surface for meats and vegetables.