



Avoid Guessing About Holiday Food Safety

During the upcoming holidays, thoughts turn to family, food and finding enough time to fit everything in! Food safety may take a back seat as we take short cuts, prepare foods ahead, cook late into the night and host numerous holiday feasts. Before you cook the turkey, set up the buffet or start making holiday goodies, see how you do on this holiday food safety quiz, based on information from the USDA and the Food and Drug Administration.



What is a safe internal temperature for cooking a whole turkey?

- a. 145°F
- b. 155°F
- c. 165°F

Answer: c. Use a food thermometer to check the internal temperature of the turkey. A whole turkey is safe cooked to a minimum internal temperature of 165°F throughout the bird. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. If you have stuffed your turkey, the center of the stuffing must also reach 165°F.

For reasons of personal preference, you may choose to cook turkey to a higher temperature. All turkey meat, including any that remains pink, is safe to eat as soon as all parts reach at least 165°F.

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Approximately, how long should you allow for thawing a frozen turkey in the refrigerator?

- a. 24 hours per each 1–2 lbs. of turkey
- b. 24 hours per each 4–5 lbs. of turkey
- c. 24 hours per each 6–7 lbs. of turkey

Answer: b. Place the frozen bird in its original wrapper in the refrigerator (40°F or below). Allow approximately 24 hours per each 4–5 pounds of turkey. A thawed turkey can remain in the refrigerator for 1–2 days.

THAWING TIME IN REFRIGERATOR	
Size of Turkey	Number of Days
4–12 lbs.	1–3 days
12–16 lbs.	3–4 days
16–20 lbs.	4–5 days
20–24 lbs.	5–6 days

DID YOU KNOW...

- The average Thanksgiving turkey weighs 15 pounds. Hens can range from 10 to 18 pounds, while toms can be as large as 25 pounds.
- The biggest producer of turkeys is Minnesota, followed by North Carolina, Arkansas, Virginia, Missouri and California.
- There is no historical evidence that the first Thanksgiving included turkey, however, mention of wild turkeys is in a book written by Pilgrim Governor Bradford and they did indulge in other interesting foods like lobster, seal and swan.
- Almost eight in 10 Americans like the Thanksgiving leftovers better than the big dinner itself, according to a 2015 Harris Poll.
- You can download a fun Thanksgiving activity book to keep kids busy at: <http://i.infopls.com/ThanksgivingActivityBook.pdf>
Holidays.net, familyeducation, goodhousekeeping.com

Quotable Quotes

“Cooking from scratch is the single most important thing we could do as a family to improve our health and general well-being.”

–Michael Pollan

INSIDE:

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- Turkey Activity & Snack
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The stuffing should reach 165°F, whether cooked inside the bird or in a separate dish. Let turkey stand 20 minutes after removing it from the oven. Remove any stuffing and carve the turkey.

COOKING TIME — UNSTUFFED		COOKING TIME — STUFFED	
Size of Turkey	Estimated Time to Reach 165°F	Size of Turkey	Estimated Time to Reach 165°F
8–12 lbs.	2¾–3 hours	8–12 lbs.	3–3½ hours
12–14 lbs.	3–3¾ hours	12–14 lbs.	3½–4 hours
14–18 lbs.	3¾–4¼ hours	14–18 lbs.	4–4¼ hours
18–20 lbs.	4¼–4½ hours	18–20 lbs.	4¼–4¾ hours
20–24 lbs.	4½–5 hours	20–24 lbs.	4¾–5¼ hours

Which of the following are important practices to follow if stuffing a turkey?

- Do not mix wet and dry ingredients for a stuffing until just before stuffing the bird
- Stuff the turkey loosely
- Cook a stuffed turkey immediately
- Use a food thermometer
- b, c, and d
- All of the above

Answer: f. Cooking a home-stuffed turkey is riskier than cooking one not stuffed. Even if the turkey itself has reached the safe minimum internal temperature of 165°F, the stuffing may not have reached a temperature high enough to destroy bacteria that may be present.

Stuff it safely with these suggestions from USDA:

- 1. Prepare Stuffing Safely** – If you plan to prepare stuffing using raw meat, poultry or shellfish, you should cook these ingredients before stuffing the turkey to reduce the risk of foodborne illness from bacteria that may be found in raw ingredients. The wet ingredients for stuffing can be prepared ahead of time and refrigerated. However, do not mix wet and dry ingredients until just before stuffing the turkey.
- 2. Stuff Loosely** – Do not cool the stuffing before stuffing. Stuff the turkey loosely—about ¾ cup of stuffing per pound. Do not stuff turkeys to be grilled, smoked, fried or microwaved.

3. Cook Immediately – Immediately place the stuffed, raw turkey in an oven set no lower than 325°F.

4. Use a Food Thermometer – For safety and doneness, check the internal temperature of the turkey and stuffing with a food thermometer. Continue to cook until they have reached a safe minimum internal temperature of 165°F.

5. Let It Rest – Let the cooked turkey stand 20 minutes before removing the stuffing and carving.

6. Refrigerate Promptly — Refrigerate the cooked turkey and stuffing within 2 hours after cooking. Place leftovers in shallow containers and use within 3–4 days. Reheat leftovers to a safe minimum internal temperature of 165°F.

What is the longest that perishable food should sit out at room temperature on a buffet table?

- 2 hours
- 3 hours
- 4 hours

Answer: a. Foods should not sit at room temperature for more than two hours. Keep track of how long foods have been sitting on the buffet table and discard anything there two hours or more.

Divide cooked foods into shallow containers to store in the refrigerator or freezer. This encourages rapid, even cooling. Reheat hot foods to 165°F.

Hold hot foods at 140°F or warmer. On the buffet table you can keep hot foods hot with chafing dishes, slow cookers and warming trays. Cold foods should be held at 40°F or colder. Keep foods cold by nesting dishes in bowls of ice. Otherwise, use small serving trays and replace them.

— Compiled by Alice Henneman, MS, RD, UNL Extension Educator. Printed with permission.

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KIDS' HEALTH & SAFETY

Preventing Carbon Monoxide Poisoning

With the arrival of the fall and winter months, turning on the furnace and other appliances to keep our homes warm and cozy is inevitable. People often forget that using these appliances may increase the risk of carbon monoxide poisoning at home and childcare.

Carbon monoxide (CO) is a poisonous gas that is a by-product of appliances, heaters and automobiles that burn gasoline, natural gas, wood, oil, kerosene or propane. CO has no color, no taste and no odor.

According to the American Academy of Pediatrics, unintentional carbon monoxide poisonings account for approximately 400 to 500 deaths and more than 15,000 emergency department visits in the United States annually.

Although carbon monoxide poisoning can be fatal to anyone, **children, pregnant women and older adults as well as persons with chronic illness** are particularly vulnerable. Children are always more susceptible due to their higher metabolic rates and because they breathe faster, inhaling more CO per pound of body weight than adults.

The most common symptoms of CO poisoning include headache, dizziness, weakness, nausea, vomiting, chest pain and altered mental status. Severe CO poisoning includes malaise, shortness of breath, irritability, ataxia (lack of voluntary coordination of muscle movements,) loss of consciousness, other neurological symptoms, coma and death.

The most important step to prevent CO poisoning related deaths is to install battery-operated or battery back-up CO detectors near every sleeping area in the home and check them regularly to be sure they are functioning properly.

Community Care Licensing and Health and Safety regulations require licensed family daycare homes and centers



to have one or more carbon monoxide detectors and smoke detectors in the home/facility. Please refer to **Health & Safety Code 1597.543 and 1596.954** for more detailed information.

REDUCE EXPOSURE BY FOLLOWING THESE RECOMMENDATIONS:

- Forced-air furnaces, fuel-burning space heaters and all fuel-burning appliances (e.g., gas water heaters, gas stoves and gas clothes dryers) should be checked by a professional once a year or as recommended by the manufacturer. Pilot lights can produce CO and should be kept in good working order.
- Gas cooking stove tops and ovens should not be used for supplemental heat.
- Fireplaces and woodstoves should be checked professionally once a year or as recommended by the manufacturer. Check to ensure the flue is open during operation.
- Space heaters should be properly vented during use, according to the manufacturer's specifications.
- Never use barbecue grills or hibachis indoors or in poorly ventilated spaces such as garages, campers and tents.
- Never leave an automobile running in the garage or other enclosed space; CO can accumulate even when a garage door is open.
- Follow manufacturer's recommendations when operating generators and other fuel-powered equipment. When the power goes out, keep your generator outside. Portable back-up generators produce CO and should be placed at least 20 feet from homes.

— Adapted from the American Academy of Pediatrics and HealthyChildren.org

Turkey Bowl (Thanksgiving Leftovers)

- Bread stuffing..... 2 cups
- Mashed potatoes or any cooked vegetable..... 2 cups
- Turkey, chopped into bite size 1 cup
- Cranberry sauce ½ cup
- Gravy..... ½ cup

Warm up leftover Thanksgiving dinner and layer into individual bowls. First the stuffing then the mashed potatoes and/or other veggies, followed by turkey and topped with cranberry sauce or dried cranberries and a drizzle of hot gravy.

Yield: 4 servings

Meets requirement for breads/grains, meat/meat alternate and vegetable

Roasted Butternut Squash & Brussels Sprouts Medley

- Butternut squash, seeded, peeled and cubed ½ medium (3 pounds)
- Brussels sprouts, halved or quartered 30 pieces
- Cranberries, fresh 1 cup
- Avocado oil..... 1 Tbsp
- 100% Pure maple syrup 2 Tbsp
- Salt and pepper to taste

- Preheat oven to 400°F. Prep vegetables and, if desired, slice cranberries in half. Mix Brussels sprouts and squash with the cranberries in a large bowl. Drizzle oil and maple syrup over mixture and season with salt and pepper.
- Place mixture into 2 large baking dishes to give them plenty of space and place in the oven. Bake for a total of 35–45 minutes, stirring every 10 minutes.

Yield: 12 servings

Meets requirement for vegetable

— Kelly Jones, MS, RD, CSSD, EatRealLiveWell

Apple Cranberry Sauce

- Cranberries, fresh 12 ounces
- Applesauce unsweetened ½ cup
- Apple juice 2 cups

- Place cranberries, applesauce and apple juice in a sauce pan over medium-high heat and bring to a boil. Reduce heat and simmer for 30 minutes, stirring occasionally, while allowing much of the liquid to evaporate. Remove from heat and cool completely.
- Transfer to a covered storage container and refrigerate at least 4 hours before serving. Transfer to a serving dish and serve.

Yield: 8 servings

Meets requirement for fruit

— Lindsey Janeiro, RDN, CLT, Nutrition to Fit

ACTIVITY CORNER

Turkey Activity & Snack

Start with a fun physical activity

Turkey Pokey

Instead of putting your right arm in and out, put your right wing in and out and gobble all about. Continue with your left wing, your drumstick, your tail feathers and so on.

Then invite the children to prepare a Quesa “turkey” dilla snack.




Make quesadillas and cut them into triangles for “feathers.” Let the children assemble their turkey snack with a circular apple slice for the body, pretzel sticks for feet, raisins for eyes and a candy corn beak. Then gobble it up!

— The DatingDivas

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Food Q. What’s the most musical part of a turkey?
Funny A. The drumstick.