

AMY'S FOOD SAFETY SPOTLIGHT

November 2024



UPCOMING SERVSAFE® CLASSES

November 19th – Louisville
December 3rd – Louisville
December 9th – Rough River
December 17th – Louisville
December 18th – Lake Cumberland
January 7th - Louisville

UPCOMING EVENTS:

Fall Restaurant Forum –
Monday November 18th Top Golf
Louisville.

For more information and
registration visit kyra.org and
click on the “Events” tab.

AMY'S FOOD SAFETY SCOOP

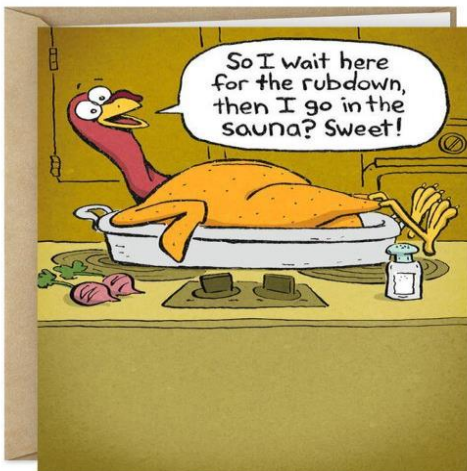
According to the CDC 48 million people get sick, 128,000 are hospitalized and 3000 die from a foodborne illness each year. 68% of foodborne illnesses occur in restaurants and delis while 32% occur at home. To help avoid any foodborne illnesses at home during the upcoming Holiday Season, here are some food safety tips to follow.

Now let's talk Turkey! Millions of people will be planning menus for Thanksgiving dinner, searching for the latest and greatest side dish recipes to accompany the star of the table “the Thanksgiving Turkey”. As part of the planning and prepping let's not forget the importance of practicing food safety. Below are some tips for preparing the holiday turkey courtesy of the CDC:

- **Store the turkey properly.**
 - Frozen raw turkey should be stored in the freezer until you are ready to thaw it.
- **Thaw the turkey safely-use one of these methods.**
 - *Thaw the turkey in the refrigerator.*
 - Keep the turkey in its original wrapping and place it in a container before putting it the refrigerator. The container will prevent the turkey juice from dripping on other food.
 - Allow about 24 hours of thawing for each 4 to 5 pounds of turkey.
 - A turkey thawed in the refrigerator is good for 1 to 2 days before cooking.
 - *Thaw the turkey in cold water.*
 - Be sure the turkey is in a leakproof plastic bag before you place it in the sink. The bag will prevent the turkey juice from spreading in the kitchen and prevent the turkey from absorbing water.
 - Make sure to completely cover the turkey with cold tap water.
 - Change the water every 30 minutes.



StateFoodSafety.com
 FOOD SAFETY REMINDER: Minimize bacterial growth on thawing meat by never leaving it out at room temperature. For safest thawing, allow the meat to thaw in a refrigerator for approximately one day per five pounds of meat.



- Allow 30 minutes of thawing for each pound of turkey.
 - A turkey thawed in cold water must be cooked immediately after thawing.
- Thaw the turkey in a microwave.
 - Follow the manufacturer's instructions for thawing in a microwave.
 - A turkey thawed in a microwave must be cooked immediately after thawing.
- **Never thaw your turkey by leaving it out on the counter.** The outside of the turkey will thaw faster than the inside, therefore pathogens are likely to grow on the outside while waiting for the inside of the turkey to thaw.
- **Handle the turkey correctly to prevent the spread of pathogens-** raw turkey and its juice can contaminate anything they touch.
 - Wash your hands with soap and water for at least 20 seconds before and after handling the turkey.
 - Use separate cutting boards for the turkey and ready-to-eat items.
 - Never place cooked food or fresh produce on a plate, cutting board or other surface that held raw turkey.
 - Wash cutting boards, utensils, dishes, and countertops with hot soapy water after preparing raw turkey and before you prepare the next item.
- **Cook stuffing thoroughly-** make sure the stuffing in the bird reaches a temperature of 165°F. Wait 20 minutes after taking the bird out of the oven before removing the stuffing. This allows the stuffing to cook a little longer.
- **Cook the turkey to the minimum internal temperature-** Set the oven to the correct temperature, at least 325°F. Place the thawed turkey in a roasting pan that is 2 to 2 1/2 inches deep. Cooking time will depend on the weight of the turkey and whether it is stuffed.
 - Use a thermometer to ensure the turkey has reached an internal temperature of at least 165°F.
 - Check the temperature in 3 different places.
 - Thickest part of the breast.
 - Where the body and thigh join, aiming toward the thigh.
 - Where the body and wing join, aiming toward the wing.
- **Even if your turkey has a pop-up timer, still use a thermometer to check the internal temperature.**
- **Take care of leftovers- *Clostridium perfringens*** grows in cooked food left at room temperature. It is the second most common bacterial cause of foodborne illness. The major symptoms are vomiting and abdominal cramps within 6 to 24 hours after eating.
 - Refrigerate leftovers at 41° or lower within 2 hours of cooking to prevent pathogens from growing to unsafe levels.
 - Cut the turkey or roast in smaller pieces so they will cool quicker.
 - Eat cooked turkey and dishes made with it within 3 to 4 days. Freeze leftovers to store them for longer.

Reheat all leftovers to at least 165°F before serving or eating.

Happy Thanksgiving!