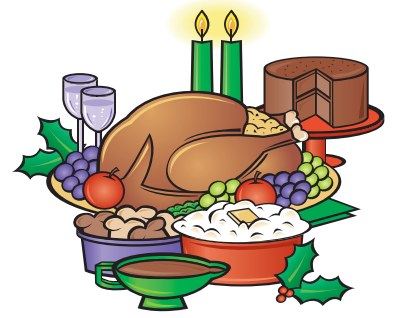


Avoid Foodborne Illness from your Home Kitchen

During the holidays or anytime, don't let foodborne illness ruin the day.



Everyone is looking forward to a good time and great food this holiday season. Use the following information to keep the holidays food-safe.

Before the cooking begins:

- If you are running other errands along with food shopping, be sure to make the grocery store the last stop. Immediately put food away in the refrigerator or freezer when you get home.
- Make sure your refrigerator and freezer are set for the proper temperature. Use an appliance thermometer (available at retail stores) to confirm the refrigerator is a steady 40°F and the freezer is at 0°F. A good rule of thumb is to keep the refrigerator as cold as possible without freezing milk or lettuce. Keeping the door closed as much as possible will help to maintain a constant temperature in the refrigerator.
- Where you place food in the refrigerator is important too, always place ready to eat foods above raw meat, poultry and fish. Place the package of raw meat on a plate so raw juices do not drip onto other foods.

In your kitchen:

- Start with a clean kitchen. Frequent cleaning can keep bacteria from spreading. Wash cutting boards, dishes, utensils, and counter tops with hot water and soap after preparing each food item and before you go on to the next food. You can also sanitize countertops and cutting boards using a diluted bleach solution of 1 tablespoon unscented liquid bleach (not more) to 1 gallon of water. Let the solution stand on the surface for a few minutes, then rinse and blot dry with clean towels.
- Always wash your hands for 20 seconds with warm running water and soap before handling food. Also be sure to wash your hands between preparation steps.
- Rinse fruits and vegetables under running tap water just before eating. Rub (or scrub with clean brush) firm-skin produce under running water.
- Have plenty of clean paper towels on hand for the meal preparation and clean-up. If you choose to use cloth towels and or sponges, wash them often in the hot cycle of your washing machine. You can also sanitize sponges in the dishwasher.

During the cooking:

- Cook meat and poultry to the internal temperature indicated in the chart below to make sure it is cooked thoroughly. Use a food thermometer, inserting the tip into the thickest part of the meat and avoiding fat or bone. For poultry, insert the tip into the thick part of the thigh next to the body.
- Partial cooking should be avoided because it allows bacteria to grow. Cook meat and poultry completely at one time.
- Frozen meat or poultry* should be cooked one and a half times the period required to prepare thawed food. For example, if 60 minutes is required to cook a dish, allow 90 minutes if the dish is frozen. (*Turkey is an exception. It should always be completely thawed before cooking.)



Public Health
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**Peoria City/County
Health Department**
Health Promotion &
Epidemiology Group

Recommended Internal Cooking Temperatures for Home Kitchens

Ground Meat & Meat Mixtures		Ham	
Beef, Pork, Veal, Lamb	160°F	Fresh (raw).....	160°F
Turkey, Chicken.....	165°F	Pre-cooked (to reheat).....	140°F
Fresh Beef, Veal, Lamb		Eggs & Egg Dishes	
Medium Rare	145°F	Eggs.....	<i>cook until yolk & white are firm</i>
Medium	160°F	Egg dishes	160°F
Well Done	170°F	Seafood	
Poultry		Fin Fish	145°F <i>flesh is opaque</i>
Chicken & Turkey, whole	165°F	Shrimp, Lobster	
Poultry parts.....	165°F	& Crab.....	<i>flesh pearly & opaque</i>
Duck & Goose.....	165°F	Clams, Oysters	
Stuffing (<i>cooked alone or in bird</i>)..	165°F	& Mussels..	<i>shells open during cooking</i>
Fresh Pork		Scallops ...	<i>milky white or opaque & firm</i>
Medium	160°F	Leftovers & Casseroles	
Well Done	170°F	165°F	

Serving and afterwards:

- Keep hot foods hot and cold foods cold. Bacteria that cause foodborne illnesses grow quickly in the “danger zone,” temperatures between 41°F and 135°F.
- Place cold foods on ice or in an insulated cooler to keep them cold. Use roasters, chafing dishes, or slow cookers to keep hot foods hot. Another way to keep food safe is to put out only small platters or bowls and replacing them with fresh dishes. Do not add the new food to the same tray as the food that has already been out.
- Discard any perishable food that has been unrefrigerated for more than 2 hours. Do not cool leftovers on the kitchen counter.
- Refrigerate leftovers as soon as possible, place small, shallow containers so they will cool more quickly. Don’t pack the refrigerator; cool air must be able to circulate to keep food safe.
- Reheat leftovers to 165°F. Bring sauces, soups and gravies to a boil.
- If microwaving, cover foods with vented plastic wrap or a lid to maintain moisture and ensure food is heated all the way through. Stir and rotate food for even cooking. Check the temperature in several places to make sure there are no cold spots.

Other considerations:

- It is particularly important that young children, the elderly, pregnant women and those who are ill or whose immune systems are compromised not eat raw or undercooked animal products or raw oysters unless they have consulted their physicians.
- Foods such as raw oysters; egg drinks, mousse or bread pudding, unless made with pasteurized eggs or an egg substitute; soft-boiled eggs; steak tartare; and rare or medium hamburger can harbor bacteria that cause food poisoning.
- If you or a family member develop nausea, vomiting, diarrhea, fever or abdominal cramps, you could have a foodborne illness. Symptoms can appear anywhere from 30 minutes to 2 weeks after eating contaminated food; but most people get sick within 4 to 48 hours. If you are in a high risk group (see above) or if symptoms are severe, seek medical attention.

For more information visit www.FoodSafety.gov, www.FightBac.org, or www.idph.state.il.us, or contact the Environmental Health program at 309/679-6161 or email: environmentalhealth@peoriacounty.org