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## KEEP FOOD SAFETY A PRIORITY FOR A HEALTHY HOLIDAY SEASON



*Tips for safely preparing and storing your holiday meal*

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**Martin County, FL** – As the Thanksgiving holiday approaches, The Florida Department of Health in Martin County is encouraging everyone to keep food safety a priority when preparing meals.

Follow these tips to ensure a delicious and safe meal for you and your loved ones.

### Clean, Separate, Cook to Temperature and Chill:

- **Clean.** Wash hands, utensils and surfaces before and after food preparation, especially after preparing meat, poultry, eggs or seafood. Be sure to keep all countertops and work areas clean and sanitized.
- **Separate – Don't cross contaminate.** Keep raw meats, poultry, eggs and seafood and their juices away from ready to eat food. It is recommended that leftovers be heated to 165 degrees.
- **Cook to Proper Temperature.** Read the cooking directions on packaging before preparing. The safest thawing method is in the refrigerator below 41 degrees. Make sure the food is cooked at the proper internal temperature and check for doneness with a food thermometer.
- **Chill – Refrigerate Properly.** Refrigerate or freeze perishables, prepared food and leftovers within two hours of preparation. Make sure the refrigerator is set at no higher than 41 degrees and the freezer is set at 0 degrees.

For more information on how to keep your family safe from foodborne illness this holiday season, visit <http://www.foodsafety.gov>.

Printable fact sheets are available here: <https://www.foodsafety.gov/keep-food-safe/food-safety-by-events-and-seasons#thanksgiving>

For tips for preparing and storing your holiday turkey:  
<https://www.cdc.gov/foodsafety/communication/holiday-turkey.html>

### About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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