

Keep Celebrations Safe From Foodborne Illness

Many people travel for the holidays and bring food to share with family and friends. Enjoy a healthy and safe celebration with a few food safety tips help keep a food borne illness from ruining your holiday.

Packing Up for Travel

- Pack raw, cooked, and fresh foods separately to avoid cross contamination.
- Never mix raw meats – pack them in a separate container.

Keep Food Cold

- Keep food very hot or very cold to prevent bacteria from growing (temperature of lower than 41 degrees Fahrenheit).
- Place food containers in an ice chest. Make sure the ice chest is filled with ice. Maintain cold holding temperatures at 41 degrees or below.
- When reheating the food, make sure it is fully heated to 165 degrees, then hold at 135 degrees Fahrenheit or higher to kill any bacteria.

Keeping Food Hot

- If you are unable to keep food cold while traveling - keep the food hot.
- Food must be kept at a temperature of 135 degrees Fahrenheit or above.
- Use insulated containers – with hot packs. (difficult to maintain the high temperature for long periods of time.
- If traveling with hot foods, you must monitor temperatures and maintain at 135 degrees or above.

Arriving

- Upon arrival at your destination, check the food before you eat it.
- Check for the temps to be in the safe zone. (under 41 degrees for cold items or above 135 degrees.)

Once you've arrived

- Keep hot foods HOT and cold foods COLD. Hot foods should be held at 135°F or warmer. Use chafing dishes, crock pots, and warming trays to keep foods hot. Cold foods should be held at 41°F or colder. Try nesting dishes in bowls of ice. This way food will be held at a safe temperature for a longer time.
- Wash all counter surfaces, cutting boards, sinks, knives, and your hands with soap and warm water before and after every contact with raw meat, poultry, or eggs.

- Use the 2-hour rule — foods should not sit at room temperature for longer than 2 hours. Leftovers will be safe in the refrigerator for about 4 days. In the freezer, they'll be safe for a few months, but most will taste better if used within 2 to 4 months.
- Store fresh turkeys in the refrigerator only 1 to 2 days. Thaw frozen turkeys in the refrigerator, allowing 24 hours for every 5 pounds of turkey.

Questions

Please contact the Norwood City Health Department at

513-458-4600 or info@norwoodhealth.org

Visit our website at www.norwoodhealth.org

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