

University of California
Agriculture and Natural Resources
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UC FOOD SAFETY CE UPDATE



UC UNIVERSITY OF CALIFORNIA
CE Agriculture and Natural Resources

Volume 77



Holiday Food Safety

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[Nutrition Action Healthletter](#)

How you handle food matters — whether it's meat, poultry, fruits, vegetables, baked goods, or leftovers. Bacteria that cause foodborne illness or food poisoning can show up in any foods. Read on to learn how to lower your risk.



Cookie Dough and Other Seasonal Treats

- ★ Raw eggs aren't the only food safety risk from raw **cookie dough**. Flour can be contaminated when the grain is still in the field or at other steps during production. Raw flour is not treated to kill germs until you cook it.
- ★ Unpasteurized or raw **cider**, may contain harmful bacteria that can cause serious illness in children, the elderly, and persons with weakened immune systems. Heat raw cider to boiling to kill harmful bacteria.
- ★ Homemade **eggnog** could be contaminated with bacteria in raw eggs. To be safe, use pasteurized eggs or buy ready-made eggnog which is pasteurized. You can make your own safely by gradually heating the egg-milk mixture to 160°F.

California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org.

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Meat and Poultry

Cook steaks, roasts, and chops to 145°F, then let them rest for at least 3 minutes. Poultry (turkey, chicken, or duck) needs to reach 165°F. Fish is done, 145°F, when its flesh is opaque and separates easily with a fork. To be safe, always use a food thermometer.

Vegetables and Fruits

Follow these tips to keep your produce safe:

- Buy fresh-cut produce like bagged salad greens or half a melon only if it is refrigerated or surrounded by ice.
- Separate raw meat, poultry, and seafood from fruits, vegetables, and other foods in your shopping cart and in your refrigerator.
- Wash your hands for 20 seconds with warm water and soap before, after, and in-between preparing any food.
- Wash fruits and vegetables under running water just before eating, cutting, or cooking, even if you plan to peel them. Don't use soap (it leaves a residue). Produce washes are okay, but not necessary.
- Scrub firm produce like cucumbers with a clean produce brush.
- Don't rinse bagged, pre-washed salad greens. You're more likely to contaminate them with bugs from your sink than to make them safer to eat.
- Discard the outer leaves of heads of leafy vegetables like cabbage and lettuce.



Leftovers

Rules for Leftovers

2 Hours — 2 Inches — 4 Days



2 Hours from oven to refrigerator. Refrigerate or freeze leftovers within 2 hours of cooking. Otherwise throw them away.



2 Inches thick to cool it quick. Store food at a shallow depth—about 2 inches—to speed chilling.

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4 Days in the refrigerator—otherwise freeze it. Use leftovers from the refrigerator within 4 days. Exception: use stuffing and gravy within 2 days. Reheat solid leftovers to 165°F and liquid leftovers to a rolling boil.

Leaving cooked food at room temperature is a recipe for disaster. Bacteria that can cause foodborne illness double every 20 minutes in this environment. Refrigerate or freeze leftovers promptly. Meat and all perishable foods should be left out for no more than 2 hours.