

# Food Safety

Food Safety starts at the grocery store.

- Make the store your last stop before you go home.
- Select refrigerated and frozen items last. This prevents spoilage and safeguards against temperature loss while you shop.
- Be sure that all refrigerated and frozen items are bagged separately. Uncooked meats should not be bagged with any other products (bakery items, produce, etc.) Store these items away first when you arrive home.

The key to food safety at home is to prevent bacteria from growing. This can be accomplished by controlling temperatures and following basic sanitation practices. Cross contamination occurs when people do not wash their hands after handling raw meat.

# Preparing your Meal

While the Thanksgiving meal is a labor of love we suggest the following practices.

- Wash all fruits and vegetables (including onions). Dirt, insects, pesticides and others people handling unwrapped produce may cause bacteria contamination.
- Never thaw frozen food at room temperature. Thaw food overnight in the refrigerator in a covered container.
- Use hard plastic cutting surfaces because they can be easily washed.
- Always sanitize can openers after each use. Look for nicks on the cutting wheel because these may produce metal slivers that could fall into the product you are opening.
- Wash your hands!

# Turkey Preparation

Choose a turkey which allows enough for about 1 pound per person. To thaw a turkey, allow 3-4 hours per pound. Thaw the turkey under refrigeration. Prepare your gravy while the turkey cooks, which will take a few hours.

Allow **20** minutes per pound for **8-12** pound birds, **15** minutes per pound for **12-16** pound birds .

Season turkey by rubbing with olive oil and/or rendered salt pork and a teaspoon of soy sauce. Sprinkle liberally with salt, pepper, onion and garlic powder.

Most turkeys are too large for the internal temperature of the bird to reach sufficient temperatures quickly enough to kill bacteria present in stuffing which has been refrigerated. For this reason, you should plan to prepare the stuffing separately.

# How to Wash your Hands!

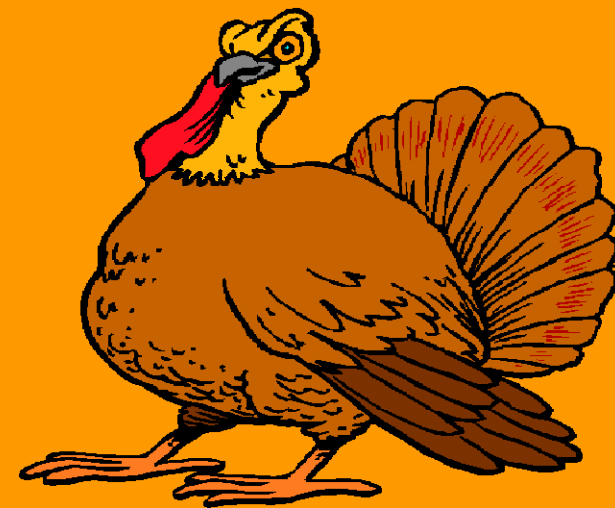
This may sound redundant but the old adage from your mother has never been more relevant in the prevention of the spread of bacteria.

- Use Soap and Warm Water.
- Rub your hands together for at least 20 to 30 seconds.
- Work the soap between your fingers and fingernail areas.
- Rinse hands thoroughly with water and dry hands completely.
- Mind what you touch after you have washed your hands which have not been cleaned. (i.e. door knobs, dirty utensils and work surfaces.)

# Leftovers

After the Thanksgiving meal preparing the leftovers should be a top priorities to prevent bacterial growth.

- Leftover items should be chilled as soon as possible. It is best to break down large food items into smaller portions before refrigerating which promotes faster chilling.
- Refrigerate leftovers immediately. They should be taken as quickly as possible from the proper serving temperature (140-180 degrees) to the proper refrigeration temperature (40 degrees)
- Health experts strongly suggest that when re-heating leftover food, bring it to a high temperature (higher than 165 degrees) to eliminate any bacterial growth.
- When reheating through microwave oven place food in a covered dish. This retains the heat providing even distribution.



# Drowsy and Drunk Driving

Every 30 minutes someone dies in an alcohol related crash. Alcohol is a factor in 6% of all traffic crashes, and 40% of all fatal crashes.

- If you are drinking, do not drive. If you plan to drink, designate a non drinking driver.
- Young drivers are at particular risk to be involved in alcohol related crashes. If there is a young driver in your family, strictly enforce a zero tolerance policy with alcohol.
- Your best defense against a drunk driver is wearing your seat belt.



Just like drugs or alcohol, sleepiness slows reaction time, decreases awareness, and impairs judgment. Just like drugs or alcohol, it can be fatal while driving.

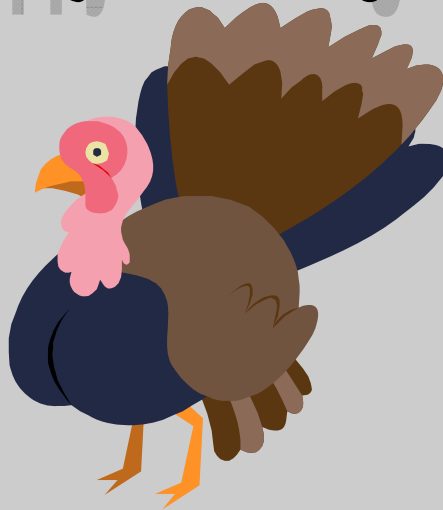
With the demands of **Thanksgiving** meal preparations its importance to recognize the symptoms of fatigue.

- Eyes closing or going out of focus.
- Persistent yawning
- Irritability, restlessness and impatience,
- Wandering or disconnected thoughts
- Inability to remember driving the last few miles.
- Back tension, burning eyes, shallow breathing or inattentive.

If you are traveling long distances for the **Thanksgiving** holiday please consider the following tips.

- When fatigue shows, get off the road. Take a nap.
- Share the driving responsibilities with a companion.

# Happy Thanksgiving



## A Message from the Council,

This holiday offers us a chance to reflect on what we are most thankful for: Children safe from injury in the car and in the home, workers protected from workplace dangers, communities coming together to prevent disease, environmental hazards and unnecessary loss. We at the Safety and Health Council, Executive committee, Board of Directors and Staff wish to take this time to Thank you and your Organizations for all that you have done this year to make Missouri and Kansas a much safer place to **live, work, and play!**



**Safety & Health Council  
of Western Missouri & Kansas**

**Thanksgiving Hoilday  
Safety Tips**

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