Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:

**NATURAL**
- Contains no added water or preservatives

**KOSHER**
- Meets specific religious dietary requirements

**FREE-RANGE**
- Prefers to appear on the label

**ORGANIC**
- Meets USDA standards for organic products

**FRESH**
- Label indicates less than 24 hours

**FROZEN**
- Label indicates more than 24 hours

*For more information about each type of turkey, visit fsis.usda.gov.*

### 3 WAYS TO THAW
While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

**Refrigerator:**
- Safe to store the turkey for another 1 – 2 days in the refrigerator.
- This is the USDA recommended thawing method.

**How to thaw:**
- Allow approximately 24 hrs. for every 4-5lbs of bird.

**Cold water:**
- Cook immediately after thawing.

**How to thaw:**
- Submerge the bird in cold water & change every 30 mins.

**Microwave:**
- Cook immediately after thawing.

**How to thaw:**
- Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

### CLEAN
- Wash your hands for 20 seconds with soap and warm water.

**Utensils Plates Countertops Cutting boards**

**SHOULD ALSO BE WASHED**

Bacteria, which can be present inside and outside a turkey, can’t be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

**SO DON’T WASH YOUR TURKEY!!**

### SEPARATE
- Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

**Keep dishes that touch raw food separate, too!**

- Wash items that touch raw meat with soap and warm water.

### COOK
- Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

**Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!**

**Use three places to check the temperature.**

<table>
<thead>
<tr>
<th>Place</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thickest part of breast</td>
<td>165 °F</td>
</tr>
<tr>
<td>Innermost part of wing</td>
<td>165 °F</td>
</tr>
<tr>
<td>Innermost part of thigh</td>
<td>165 °F</td>
</tr>
</tbody>
</table>

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

### CHILL
- Take your time around the dinner table, but refrigerate leftovers within 2 hours!

**Safe in fridge**
- 3-4 days

**Safe frozen,** but use within 2-6 months for best quality.

**Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.**

- Be sure to pack leftovers in a cooler if traveling.
- Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can’t be smelled or tasted!

FOR MORE INFORMATION:
- Visit foodsafety.gov
- If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PregunteleaKaren.gov for questions in Spanish.

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