

TerranearPMC Safety Share

Week of November 14, 2011 – Health and Safety for a Great Thanksgiving

This is definitely a great time of the year! Trick-or-Treaters have vanished from our threshold steps and the doors bells are once again silent. The holiday season is now ready to swing into full action. Next on the list is Thanksgiving; a holiday that I have heard many people remark that it is, indeed, their favorite holiday. It is a time for friends and family to get together and share good times. While putting a damper on this great festive occasion is the last thing anyone would want to do, there are a few things we need to keep in mind so that this holiday remains a wonderful experience so we may savor the food and memories for times to come. Below is a quiz that is intended to help remind us of the things necessary to keep this Thanksgiving a healthy, happy and safe occasion for everyone.

- 1 How should you thaw a frozen turkey?
 - a) Set it out on the kitchen counter the night before
 - b) In the microwave on the “thaw” setting.
 - c) Run hot water over it in the sink
 - d) In the refrigerator, according to its weight
- 2 How should you store turkey leftovers?
 - a) In the same pan you cooked it in, in the refrigerator
 - b) Put it in gallon freezer bags and freeze
 - c) Cut the turkey into small pieces; refrigerate stuffing and turkey separately in shallow containers within 2 hours of cooking. Use leftover turkey and stuffing within 3-4 days; gravy within 1-2 days; or freeze these foods
- 3 After the meal, is it okay to just relax in front of the TV or take a nap?
 - a) Yes, just cover the food and go watch the football game
 - b) No, before going off to relax you should store the leftover foods safely away to prevent bacteria growth
 - c) Yes, a nap after a huge meal is just the thing. Give the leftovers to the dog.
- 4 Save time and dirty dishes, just use one cutting board, spoon, fork, etc. to prepare the meal.
 - a) True ~ why wash so many dishes?
 - b) False ~ wash the cutting board frequently in hot soapy water; same with cooking utensils. Or, use separate boards & utensils.
 - c) Wash dishes? Let the dog & cat help!
- 5 Which is safer - cooking the stuffing with the turkey, or cooking them separately?
 - a) It's tradition! Stuff the turkey before cooking.
 - b) It's safer to put the stuffing around the turkey to cook them, instead of inside
 - c) It's safer to cook them separately. Stuffing should also reach a minimum temperature of 165 degrees.
- 6 It's perfectly safe to share the Thanksgiving feast with our pets.
 - a) True
 - b) False

7 The turkey's done when it's golden brown. Let's eat!

- a) True! Pass the candied yams too, will ya?
- b) False. Make sure the turkey reaches at least 165 degrees. Check the innermost part of the thigh and wing, and the thickest part of the breast. Check it with a food thermometer.

Answers: see bottom of page....

Other things to keep in mind

Utensils, cutting boards, counters, spoons, plates and bowls: Keep 'em Clean! Prevent cross contamination by using one cutting board exclusively for raw meat. Thoroughly clean your cutting surfaces and knives after each use with soap and water. Don't re-use a platter or plate that has held raw meat unless it has been thoroughly washed. Use separate spoons and/or forks when sampling and don't sample again with a used spoon; wash it before re-using it. Of course that means do not taste from the same spoon that you used to stir the pot- BIG germ-spreader!

Use A Poultry or Food Thermometer: Check to make sure every part of the turkey reaches a minimum internal temperature of 165 degrees F, even if your turkey has a pop-up temperature indicator. Check the innermost part of the thigh and wing, and the thickest part of the breast.

And from the safety side, here are a few more things to consider:

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Make sure kids stay away from hot food and liquids.
- The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit a candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.

Answers to Quiz: 1-D, 2-C, 3-B, 4-B, 5-C, 6-B, 7-B

**A true friend is someone who thinks that you are a good egg
even though he knows that you are slightly cracked.**

Bernard Meltzer - Radio host of the historical advice call-in show, "What's Your Problem?"