

1-800-222-1222



**New
Jersey
Poison
Center**



**FOOD SAFETY IS THE SECRET
TO A HAPPY THANKSGIVING**

— THANKSGIVING —

STAY FOOD SAFE



PREVENT FOOD POISONING



Holiday traditions, family gatherings, and home-cooked meals are a treasured part of the holiday season. With Thanksgiving just days away, families are hard at work preparing for Thanksgiving dinner and spending time with friends and family. Meal prep can be overwhelming and stressful. With distractions all around, it's easy to make mistakes that may cause guests to leave with more than full bellies.



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Common Thanksgiving Fails

1. Forgetting to thaw the turkey.
2. Undercooking the turkey.
3. Cooking the turkey in the packaging.
4. Forgetting about a guest's food allergy.
5. Eating the fake fruit and vegetables used for table decorations.

"Whether you're preparing dinner for two people or a large group, following basic food safety steps will keep everyone at the table from getting sick," says Diane Calello, executive and medical director of the [New Jersey Poison Control Center](#) at [Rutgers New Jersey Medical School](#).

"Foods can become contaminated with germs at any point of the food production chain — from farming to grocery stores to leftovers. Handling or preparing food incorrectly can make it unsafe to eat."

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Foodborne illness (also known as food poisoning) is common and can cause mild to severe sickness.

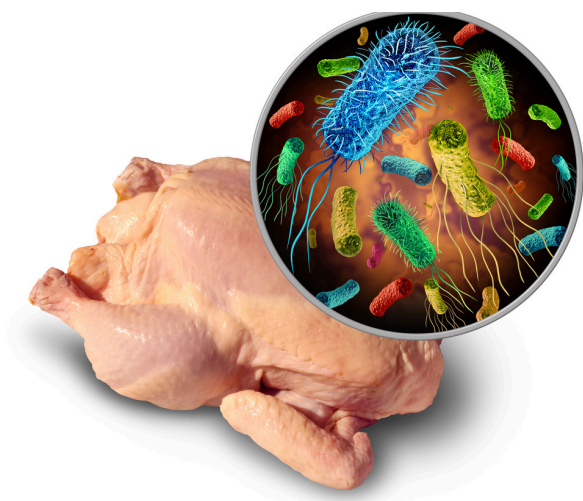
Symptoms may include nausea, vomiting, stomach cramps, diarrhea, upset stomach, and fever. A person may not feel sick right away because symptoms may appear a few hours or days after eating.

Anyone sick with a respiratory illness like the common cold, flu, RSV or COVID-19 should not prepare or cook meals for other people because their germs can spread to foods and drinks.



Raw poultry, meat, and seafood can spread germs to anything they touch including hands, countertops and surfaces, sinks, utensils, dishes and containers, foods, and cutting boards.

When preparing and cooking food, follow these [four safety steps](#) (Clean, Separate, Cook, and Chill). Cooking foods to the right temperature kills germs and prevents people from becoming sick.



Guests may also get food poisoning from cooked foods left on the table or counter too long before putting them in the refrigerator.

Bacteria and other germs grow quickly in foods that reach temperatures in the “**Danger Zone**”, between 40°F and 140°F.

FOOD SAFETY TIP



When serving food, keep hot foods hot and cold foods cold to prevent illness.



It is unsafe to leave foods out of the refrigerator or freezer for more than two hours.



According to the USDA (United States Department of Agriculture), hot foods can go straight into the refrigerator without [cooling](#) first. If reheating leftovers, use a food thermometer to make sure the food reaches at least 165°F.



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Cook Meat and Eggs to Safe Internal Temperatures

www.cdc.gov/foodsafety



145°F



Pork Roast

Rack of Lamb



Beef Brisket

After cooking,
let meat rest
for 3 minutes
before serving.

145°F



Fish Fillet

160°F



Ground Beef



Egg Dish

165°F



**Ground
Turkey**



Turkey



Chicken



Leftovers

CS3D945

Cooking Kills Germs

Everyone is at risk of food poisoning, but young children, pregnant women, and people with weakened immune systems are more likely to get sick from eating foods contaminated with bacteria and other germs.



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If this year's holiday dinner includes turkey, follow these important food safety steps.



Allow enough time for the turkey to fully defrost.



Handle the turkey safely to prevent spreading germs to other foods.



Do not wash or rinse raw turkey



Cook the stuffing separately from the turkey.



Use a food thermometer to make sure turkey and other foods are cooked to safe temperatures.



Store leftovers safely.



**Get Free
Medical Help
1-800-222-1222**

**Medical specialists are
available to provide
information, answer questions,
and provide emergency
support 24 hours a day**

**Anyone can call for medical
help – children, teens, and
adults**

[NJPoisonCenter.org](https://www.njpoisoncenter.org)

NJ Poison Control Center
is a medical resource for
both the public and
healthcare providers.

If you think someone came in
contact with something dangerous,
contact the poison control center
immediately.

Call the NJ Poison Control Center at 1-800-222-1222 or [Chat Here](https://www.njpoisoncenter.org)

If someone is not breathing, hard to wake up, or having a seizure, call 9-1-1