

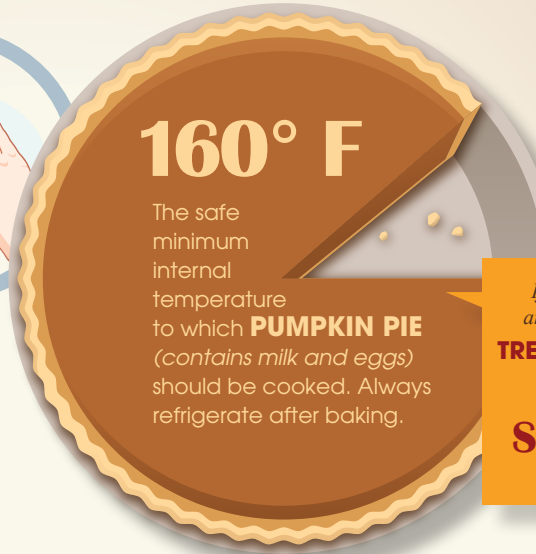
HEALTHFUL HOLIDAY COOKING REMINDERS

WASH HANDS

with soap & warm water for at least

20 SECONDS

- Before and after handling foods
- After each new activity in or away from the kitchen
- After touching hair, face or clothing



160° F

The safe minimum internal temperature to which **PUMPKIN PIE** (contains milk and eggs) should be cooked. Always refrigerate after baking.



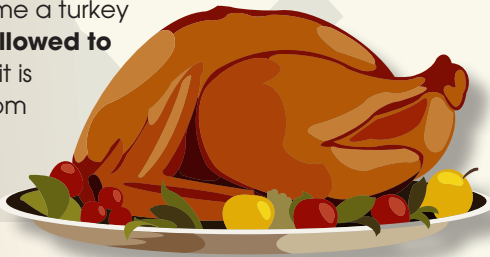
If raw or undercooked eggs are part of the ingredient list, **TREATS LIKE PUMPKIN PIE AND EGGNOG can contain SALMONELLA!**

165° F

The safe internal temperature – measured with a meat thermometer – of a fully cooked whole **TURKEY** (and the stuffing inside!)


20 MINUTES

Length of time a turkey should be **allowed to stand** after it is removed from the oven.



160° F

The temperature to which an **EGGNOG** egg base must be heated to kill all bacteria. Use only pasteurized eggs or egg products in the egg base (pasteurization kills harmful bacteria.)



50%

Amount of *additional cooking time* needed if preparing an *unthawed frozen turkey*.

160° F

Temperature to which **FISH** should be cooked or until the flesh is opaque and separates easily with a fork.




COUNTRY HAM

(dried, whole or half)

4 to 12 Number of HOURS a ham should soak in refrigerator	20 to 25 Number of MINUTES PER POUND , to boil a ham	400° F Temperature at which to BROWN A HAM FOR 15 MINUTES after draining and glazing
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165° F
The internal temperature – measured by meat thermometer – to which a fully cooked ham that has been repackaged in any other location, or leftover cooked ham, should be heated.




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