

Weekly Safety Tip



SCI Safety Slogan

If in doubt throw it
OUT!

James Lehrke-SCI

of the Week

Don't Fowl Thanksgiving with a Undercooked Bird

As the holidays approach we like to celebrate by entertaining friends and family, throwing parties, and preparing feasts. From the buffet table to the office party, food moves center stage throughout the holiday season. Be sure to keep food safe by following basic food safety steps...

- **Clean:** Wash hands and food-contact surfaces often. Bacteria can spread throughout the kitchen and get onto cutting boards, knives, sponges, and counter tops.
- **Separate:** Don't cross-contaminate--don't let bacteria spread from one food product to another. This is especially true for raw meat, poultry and seafood. Keep these foods and their juices away from ready-to-eat foods.
- **Cook:** Cook to proper temperatures. Foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause foodborne illness.
- **Chill:** Refrigerate promptly. Refrigerate foods quickly keeps most harmful bacteria from growing and multiplying. Refrigerators should be set at 40 F and the freezer at 0 F, and the accuracy of the settings should be checked occasionally with a thermometer.

Source: www.cdc.gov/foodsafety/holidaycook.htm

As Thanksgiving approaches, cooking the traditional turkey dinner gives rise to anxieties and questions. What kind of turkey should I buy? Should I buy a frozen turkey or a fresh one? How do I store my turkey?

A few simple steps will not only ease your holiday fears, but will ensure a delicious and a safe meal for you, your family, and your friends. The following information may help you prepare your special Thanksgiving meal and help you countdown to the holiday.

Plan Ahead

Plan your menu several weeks before the holiday. Shopping early will ease the countdown tension for your Thanksgiving meal. Ask these questions to help plan your meal. Do you want a fresh or frozen turkey? Do you have enough space to store a frozen bird if purchased in advance; if not, when should you purchase a turkey? What size bird do you need to buy?

Fresh or Frozen

If you choose to buy a frozen bird you may do so at any time, but make sure you have adequate storage space in your freezer. If you buy a fresh turkey, be sure you purchase it only 1-2 days before cooking. Do not buy a pre-stuffed fresh turkey.

Thanksgiving Day

If you choose to stuff your turkey, stuff loosely. The stuffing should be moist, not dry, since heat destroys bacteria more rapidly in a moist environment. Place stuffed turkey in oven immediately. You may also cook the stuffing outside the bird in a casserole. Judging cooking time for your turkey will be easier if the following chart is used. The times listed are for a fresh or thawed turkey in an oven at 325 °F. These times are approximate.



Life is about choices 24/7

LIVE SAFETY 24/7

Whether preparing food for a family reunion or a community gathering, people who are great cooks at home don't necessarily know how to safely prepare and store large quantities of food for large groups. Food that is mishandled can cause foodborne illness. However, by following some simple steps, volunteer cooks can make the event safe and successful!

1. **Plan Ahead**
 - Be sure you have enough oven, stovetop, refrigerator, freezer, and work space.
 - Find out if there's a source of clean water. If not, bring water for preparation and cleaning.
2. **Store and Prepare Food Safely.**
 - Refrigerate or freeze perishable food within 2 hours of shopping or preparing.
 - Find separate preparation areas in the work-space for raw and cooked food.
 - Never place cooked food back on the same plate or cutting board that held raw food.
 - Wash hands, cutting boards, dishes, utensils, and work surfaces frequently with hot, soapy water.
3. **Cook Food to Safe Internal Temperatures – It's the only way to tell if harmful bacteria are destroyed!**
 - Use a food thermometer to check the internal temperature of meat, poultry, casseroles, and other food. Check temperature in several places to be sure food is safely cooked.
 - Never partially cook food for finishing later because you increase the risk of bacterial growth.
4. **Transport Food Safely – Keep hot food HOT. Keep cold food COLD.**
 - Keep cold food at or below 40 °F. Place in a cooler with a cold source such as ice or commercial freezing gels.
 - Keep hot food at or above 140 °F. Wrap well and place in an insulated container.
5. **Need to Reheat? – Food must be hot and steamy for serving. Just "warmed up" is not good enough.**
 - Use the stove, oven, or microwave to reheat food to 165 °F. Bring sauces, soups, and gravies to a boil.
6. **Keep Food Out of the "Danger Zone" (40-140 °F).**
 - Keep hot food hot – at or above 140 °F. Place cooked food in chafing dishes, preheated steam tables, warming trays, and/or slow cookers.
 - Keep cold food cold – at or below 40 °F. Place food in containers on ice.
7. **When In Doubt, Throw it Out!**
 - Discard food left out at room temperature for more than 2 hours.
 - Place leftovers in shallow containers. Refrigerate or freeze immediately.

Timetables for Turkey Roasting
(325 °F oven temperature)

Cooking Time — Unstuffed	
Size of Turkey	Hours to Prepare
8 to 12 pounds	2 3/4 to 3 hours
12 to 14 pounds	3 to 3 3/4 hours
14 to 18 pounds	3 3/4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 1/2 hours
20 to 24 pounds	4 1/2 to 5 hours

Cooking Time — Stuffed	
Size of Turkey	Hours to Prepare
8 to 12 pounds	3 to 3 1/2 hours
12 to 14 pounds	3 1/2 to 4 hours
14 to 18 pounds	4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 3/4 hours
20 to 24 pounds	4 3/4 to 5 1/4 hours

Use a food thermometer to check the internal temperature of the turkey.

A whole turkey is safe cooked to a minimum internal temperature of 165 °F throughout the bird. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. All turkey meat, including any that remains pink, is safe to eat as soon as all parts reach at least 165 °F. The stuffing should reach 165 °F, whether cooked inside the bird or in a separate dish.

When turkey is removed from the oven, let it stand 20 minutes. Remove stuffing and carve turkey.

Storing Leftovers

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 or freeze these foods. Reheat thoroughly to a temperature of 165 °F or until hot and steaming. Source: www.fsis.usda.gov

10 Healthy Tips For Surviving the Feast With Your Family

Eating big holiday meals with the family is never a piece of cake (though it often includes at least one of those). Here are some tips to get through the meal without succumbing to tears or overeating as a coping mechanism.



- **Pre-plan the meal.** Conflict can lead to overeating. If you dine with people or relatives that you tend to fight with, you are more likely to overeat. Unfortunately, we don't always get to pick who we sit next to at holiday meals. So, to come out a winner no matter what the seating chart is, pre-plan the meal in your head. Take precautionary measures! Cocktail-time is often a prelude to a family feud. Make sure you have raw vegetables and other healthy alternatives to the greasy hors d'oeuvres served during cocktail hour. Don't go to the meal feeling ravenous. Write down how you're feeling a few days before the gathering. Anticipate scenarios that could weaken your resolve to both eat and behave healthily, then decide in advance how you will successfully handle these "danger" moments. Discuss your plan with a buddy. Envision yourself in control and proud of it.
- **Indulge where it doesn't count.** Feeling deprived can lead to explosive bouts of overeating, followed by guilt and plummeting self-esteem. Who needs that? Don't let yourself feel deprived in the first place. Bring plenty of tasty low or non-caloric treats and eat as much of them as you like. Indulge without the bulge!



- **Be relaxed.** Stress and anxiety can lead to over-eating. When you arrive at the gathering, be serene. Before the meal, do your favorite stress busting activity: exercise, take a bubble bath, read a trash novel, take a stroll, meditate, sing -- whatever makes you feel calm and contented.
- **Celebrate you.** If you find that your self-esteem suffers around your family or your partner's family, make sure to go in armed with the knowledge of all the wonderful qualities that you possess. Are you strong? Thoughtful? Creative? Whimsical? Friendly? Determined? Caring? Funny? Celebrate you! Write down the qualities you like most about yourself and bring the list with you to the meal. If you start to feel insecure, excuse yourself and take a quick peek. It will be hard to feel low about someone so great!
- **Be Thankful.** Concentrating on all the aspects of your life that you are grateful for will keep your mind focused on the positive. Feeling positive feels good.
- **Pre-plan your family interactions.** You know which cousins pick on you incessantly. Avoid them. Be polite, but do not engage in conversation with them. They will eventually tire of your lack of reaction and look for easier prey elsewhere. Meanwhile, you will emerge with your self-control intact and your self-esteem soaring.
- **No means no.** Remember, you are entitled to say no. It is your right to decline an additional serving, it is your right to leave food on your plate, and it is your right to excuse yourself from the table when you wish. You are entitled to enjoy your holiday without chaos, fighting, overeating, anxiety, or stress. If your inner voice tells you to say "no" - trust it. Say it, and stick to it.
- **Practice self-assertion.** If you have a hard time saying "no", practice self-assertion in the weeks and days leading up to the holiday meal. Assertion is not aggression. Assertion is not demanding, taking, bullying, cajoling, whining, complaining or stepping on others. Assertion is merely asking for what you want and need in a calm--but firm--manner. Look for opportunities to practice self-assertion in your daily activities.
- **Control only what you can -- yourself.** While you can't control how someone else behaves, you CAN control how you react. A holiday meal is certainly not the time to try and change the behavior of your relatives, spouse, children, in-laws, or anyone else. They are who they are -- warts and all. Trying to alter someone else's behavior will likely result in your losing control of your own. As control slips away, you'll feel overwhelmed and you'll want to overeat. Stay in control. You need only be responsible for your OWN actions.
- **Follow a role model.** Visualize someone that you admire. Think about how your role model handles holidays, family stress, anxiety, depression, and overeating. Handle holiday meal problems the way you imagine that your role model would. Source: www.locateadoc.com/articles.cfm/search/264

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Jim Lehrke is President of Safety Connections, Inc., a (safety advisor company), capable of working with businesses of all sizes and types. Our focus is about changing the work culture and focusing on safety first. The result is dramatic reduction of injuries and worker's compensation costs. The bonus is increased productivity and quality.

Safety Connections provides a weekly safety tip at no cost. Workplace safety is a vast area and Safety Connections offers products and services that address all safety aspects. Further, Jim speaks at seminars, does team building training and motivational speaking.

Safety Connections, Inc. is committed to RESULTS. If you're interested in talking with someone from Safety Connections, Inc. please don't hesitate to call us at 920-457-4866.