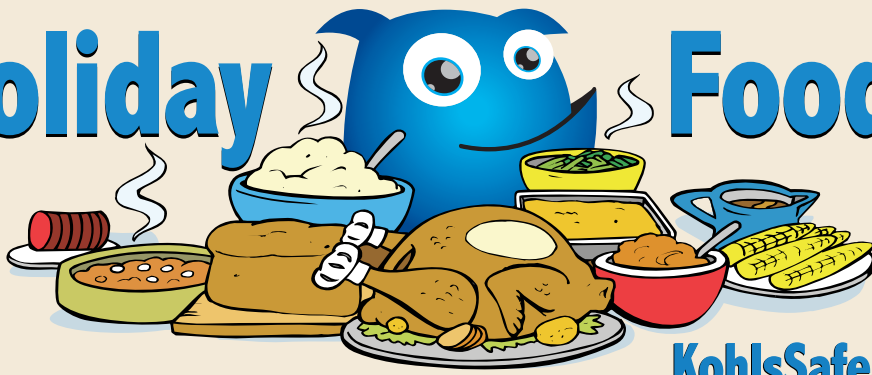


Holiday Food Safety



KohlsSafeandHealthy.com

1 in 6 Americans gets sick from food poisoning every year.

It's the season for celebration with food, festivities and family fun, but food-borne illness can be deadly. Ensure a safe and healthy holiday by following some simple but important safety guidelines:

KEEP IT COOL



Allocate 24 hrs. of defrosting time per 5 lbs. of turkey. Defrost in the refrigerator — not on the kitchen counter.

KEEP IT CLEAN



Thoroughly wash all food prep dishes, utensils and hands in warm, soapy water.

KEEP IT SEPARATE

Designate separate cutting boards and knives for meats and for fruits & veggies to avoid cross contamination.



KEEP TRACK of TEMP



Use a food thermometer when cooking meat to ensure a safe internal temp. 145° = roasts; 160° = ground meats; 165° = poultry.

KEEP IT FRESH



Store leftovers in shallow containers so they cool faster in the refrigerator. Eat leftovers within 3-4 days.

KEEP OUT of REACH

Baking ingredients like vanilla & almond extract contain high levels of alcohol, so keep out of reach of kids.



1-800-222-1222

Call the Wisconsin Poison Center with questions 24 hours a day, 7 days a week.