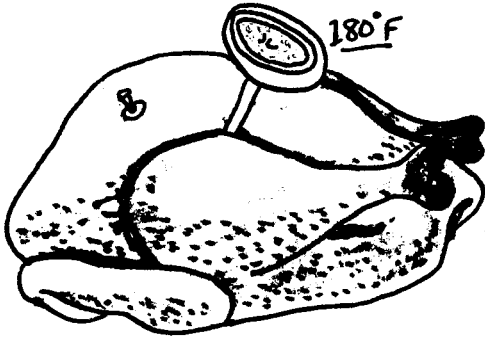


Let's Talk Turkey!



Why do I need a thermometer to cook turkey?

Retail turkeys have a high rate of bacterial contamination that can make people sick. *Salmonella* and *campylobacter* are particular concerns. You can't see this contamination, but you can help reduce your family's risk of becoming ill though cooking your turkey to the temperature needed to kill harmful bacteria.

Where does the thermometer go?

The thermometer should be inserted deeply into the thigh in the junction between the leg and the body, so that it does not touch a bone. On a turkey breast, it should be inserted into the thickest part of the breast, again without touching bone.

What should the thermometer say?

For a whole turkey, 180 degrees is safe. For a turkey breast, 170 degrees.

What about stuffing?

Food safety experts recommend cooking stuffing outside of the turkey because filling the turkey cavity slows internal cooking and exposes the stuffing to potential contamination. If you do stuff your turkey, use a separate thermometer to make sure that the center of the stuffing is heated to 165 degrees.

How else can I protect myself?

Many cases of foodborne disease result from inadvertent cross-contamination of other foods and surfaces with contaminated juices. Be careful to wash hands, utensils, sink and anything else that has been in contact with the raw turkey or its juices with hot soapy water or water that contains a very dilute amount of bleach. If thawing a frozen turkey, do so in the fridge, not on the counter. Then, after the meal, separate leftovers into separate containers and refrigerate them promptly.

The pilgrims didn't use thermometers, you know! Why must I?

A big part of the reason modern Americans have to treat food so carefully comes from the reluctance of industry and our government to produce the safest possible food. S.T.O.P. is the only national advocacy group focused completely on improving the safety of food in order to prevent suffering and death from foodborne disease. Support S.T.O.P.'s work by making a donation to S.T.O.P., PO Box 4352, Burlington, VT 05406, or call 802-863-0555.



Safe Tables Our Priority (S.T.O.P.)

Working Together To Make Safe Food A Reality

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Hotline for victims of foodborne illness: 1-800-350-STOP.