



## **DON'T BE A TURKEY THIS CHRISTMAS**

Everyone at Olive Dining Ltd who work with the school, staff, students and parents would like to wish all our clients and customers a very merry Christmas.

As we approach the festive season and begin preparing the Christmas lunches for the school, we thought that we would share some very simple facts and guidelines with you.

Every year in the UK undercooked turkeys cause food poisoning, spoiling Christmas for thousands of people.

Around seven million turkeys are sold during the festive season and studies show 20% of food poisoning outbreaks are poultry related, with December the most common month.

Follow these tips to avoid serving up anything nasty with your dinner.

### **Don't wash your turkey – you don't need to**

Research shows many people wash their turkeys before cooking. Washing meat or poultry can cause harmful food poisoning bacteria to splash on to worktops, chopping boards, dishes and utensils, where they can stay for days.

### **Defrost it thoroughly**

Partially defrosted turkeys are another common safety problem. When completely thawed, there won't be any ice crystals inside the bird. It can also be tested with a fork to feel if the meat is still frozen.

### **Cook it properly**

Thorough cooking kills any food poisoning bugs. To ensure the turkey is cooked properly, make sure it is piping hot all the way through. Cut into the thickest part between the breast and thigh to check none of the meat is pink and the juices run clear.

## Food Safety Tips

- Only buy as much food as you have space to store. If the fridge is overfilled with perishable food, it's likely it won't be cold enough and you'll be risking food poisoning.
- Try to buy a turkey that's realistic for your needs – the bigger the turkey, the more difficult it is to prepare and cook safely.
- Store raw meat at the bottom of the fridge, preferably in a covered container where it can't drip onto other foods. Always keep raw meat and poultry away from ready to eat foods.
- Do not forget to wash your hands before handling any food and always after handling any raw meat and vegetables.
- Do not leave buffet or party food out all day. It is better to put out small amounts at a time, so what is on the table has just been cooked or just come out of the fridge.
- If you are reheating turkey, or other leftovers, always make sure that it is steaming hot all the way through before you can eat it.
- Do not reheat more than once. Ideally, try to eat, cook or freeze your leftovers within 48 hours.

Visit <https://www.food.gov.uk/news-updates/campaigns/christmas> for information about preparing Christmas dinner safely.

You can also email [helpline@foodstandards.gsi.gov.uk](mailto:helpline@foodstandards.gsi.gov.uk)

**PLEASE HAVE A VERY MERRY CHRISTMAS  
FROM ALL AT OLIVE DINING LTD**

