



GET 'FOOD SAFETY' WRAPPED UP THIS CHRISTMAS

Great food is a big part of making the festive season special, so it's important to keep your loved ones safe.

Whether you are planning a feast or a family buffet, it's important to keep your loved ones safe this Christmas. You can ensure the food you prepare and eat over the holidays – particularly your meats – are carried, stored, handled and cooked properly.

Our Checklist can help:

Planning your Christmas meals

- Think about the meals you're likely to eat over Christmas and plan your ingredients.
- Don't forget the items you already have and write a shopping list – these two steps will help you save money.
- As a guide, a good-sized turkey for a family of four is about 6-8lb (2.7-3.6kg).

Using your fridge the right way

- Cold slows the growth of germs so make sure your fridge is running at the correct temperature – below 5C.
- To prevent bugs transferring from one food to another (what we call cross-contamination), make sure you store raw turkey (and other raw food) separately from other cooked or ready to eat foods. Cover your meats and chill them on the bottom shelf of the fridge.
- You can move items like unopened jars, beer and wine out of your fridge to a cool place such as a shed or garage. You'll have more room for perishable foods.

Defrosting

- If you're planning on cooking a frozen turkey or other frozen meats, make sure you know long they'll take to defrost.
- Check the label for instructions or visit www.food.gov.uk/christmas

Cross-contamination

- To prevent the spread of food poisoning germs be careful to wash everything that has touched your raw turkey (e.g. hands, utensils and work surfaces) with soap and hot water.
- Don't wash raw turkey or other poultry as germs can splash around your kitchen.

- Allow time for your turkey to cook thoroughly. Check by ensuring there's no pink meat in the thickest parts, it's steaming hot and the juices run clear.
- Cool any leftovers, cover them and refrigerate within two hours.

Leftovers

- Eat or freeze your leftovers within two days (one day for rice dishes).
- When using frozen leftovers, defrost them thoroughly in the fridge overnight or in a microwave (on a defrost setting) and then reheat until steaming hot.