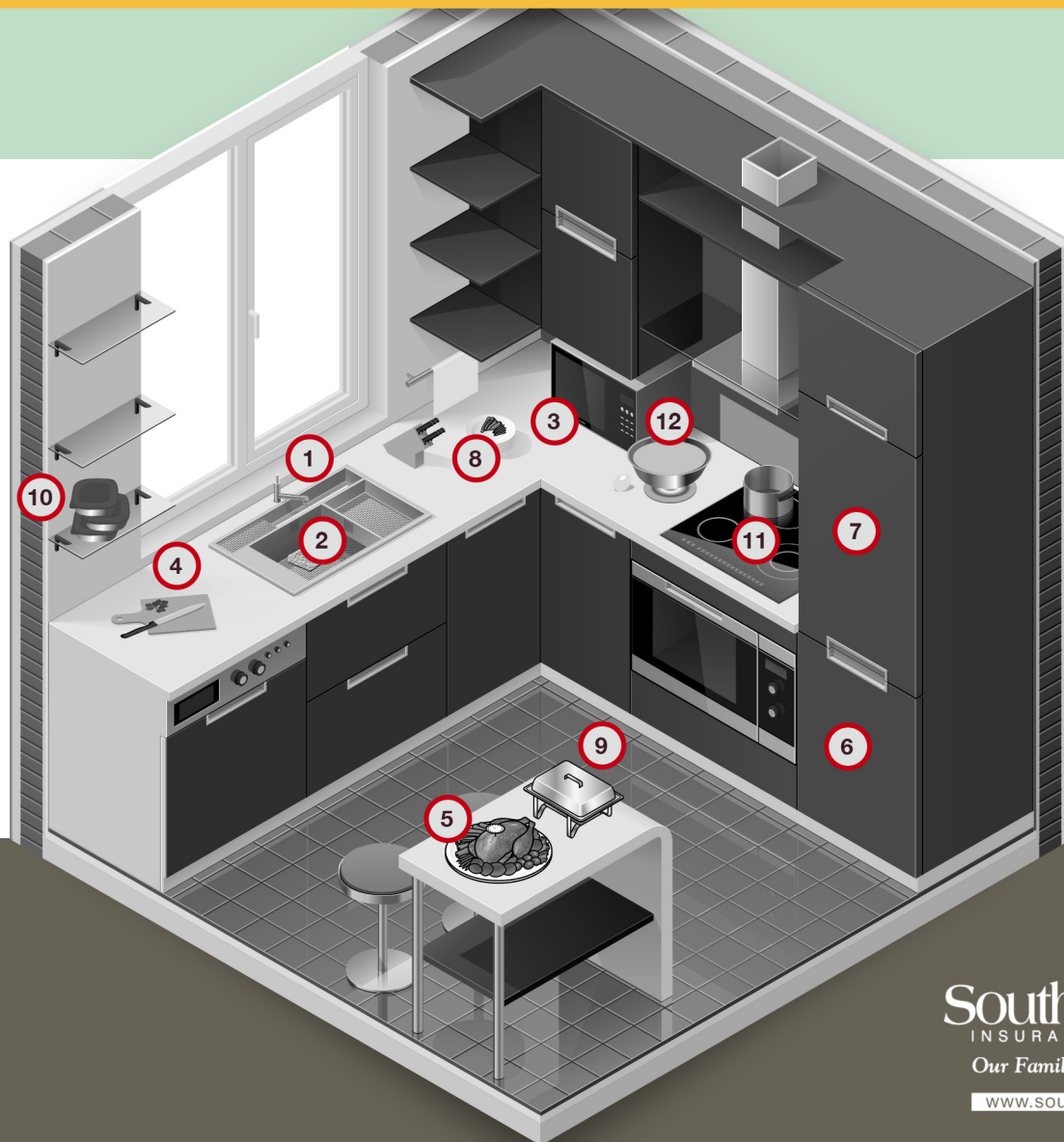


HOLIDAY FOOD SAFETY




Southern Oak
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1 Sink - Wash hands with hot water and soap for 30 seconds before and after handling any food.

2 Sponges - Sponges are known for harboring bacteria. Eliminate or limit their use.

3 Counter Top - Wash food-contact surfaces with hot soapy water after preparing each food item.

4 Cutting Board - Use only 1 cutting board for foods that will be cooked, and another for foods that will not.

5 Turkey with Food Thermometer - Use a thermometer to make sure meat is thoroughly cooked - 180 degrees for Turkey and 165 degrees for stuffing.

6 Freezer - Properly defrost frozen items in the refrigerator, under cold running water, or in the microwave...never at room temperature.

7 Refrigerator - Make sure your refrigerator is set at 40 degrees or less.

8 Old Food - Don't taste food that looks questionable. When in doubt, throw it out.

9 Serving - Keep hot foods above 140 degrees and put leftovers in the refrigerator as quickly as possible. The "Danger Zone" for bacteria growth is between 140 and 40 degrees.

10 Leftovers - Leftovers should be used within 3 to 4 days unless frozen.

11 Sauces - Bring sauces and gravies to a rolling boil when reheating.

12 Egg Nog - When making your own eggnog, use only pasteurized shell eggs, liquid or frozen pasteurized egg products, or powdered egg whites to avoid salmonella.