

Thanksgiving Cooking Basics

From the desk of Lori Harvey RDN, LD

Food Safety Tip #1: Thaw Safely & Plan Ahead

The safest method for thawing a whole turkey is in the refrigerator. Thawing a turkey on the counter for more than 2 hours, is not safe. Foods allowed to thaw at room temperature, will be in the “Danger Zone”- a temperature where foodborne bacteria multiply rapidly.

Leave the turkey in its original packaging and place in a shallow pan – allow for 4-5 pounds per 24 hours. A thawed turkey can remain in the refrigerator for 1 to 2 days before cooking.

Refrigerator Thawing Times

Whole turkey:

4 to 12 pounds.....1 to 3 days

12 to 16 pounds.....3 to 4 days

16 to 20 pounds.....4 to 5 days

20 to 24 pounds.....5 to 6 days

Food Safety Tip #2: Cook to the right temperature

Always use a food thermometer to ensure your turkey is cooked to the right internal temperature of 165° F. Check the internal temperature in the innermost part of the thigh and the thickest part of the breast.

Thermal/Conventional Oven

Open Pan Method Timetable for

Roasting a Turkey at 325 °F.

Unstuffed Turkey

8 to 12 pounds 2 ¾ to 3 hours

12 to 14 pounds 3 to 3 ¾ hours

14 to 18 pounds 3 ¾ to 4 ¼ hours

18 to 20 pounds 4 ¼ to 4 ½ hours

Food Safety Tip #3: Take care of leftovers

Put extra turkey, stuffing, and other leftovers in the fridge within 2 hours. Use cooked leftovers within 3-4 days.

Want more information? Visit www.fsis.usda.gov, www.holidayfoodsafety.org, and www.fightbac.org

Dear Mobile Meals Family,

We are happy to deliver healthy and delicious meals to your home and check on your welfare. Many of our clients, especially the elderly, are unable to pay for their meals. Perhaps you can be of assistance.

Your gift of \$3.00 pays for one meal while your gift of \$15.00 pays for meals for a week. However, any gift is welcome. You may mail your contribution to Mobile Meals at 1063 S. Broadway St. Akron, OH 44311 or you may donate on our website by going to www.mobilemealsinc.org.

Thank you!

Questions? If you have any questions on this or any nutrition-related topic, or have an idea for a future *Healthy Bite* topic, please call our registered dietitian, Lori Harvey. You can reach her by telephone at 330-376-7717 extension 140 or by email lharvey@mobilemealsinc.org.

GRIEVANCE POLICY

In order to provide clients with the best services possible, we ask you to contact Elaine Seyerle at Mobile Meals with complaints, suggestions, or if you are not satisfied with your services. If, after your contact, you are still not satisfied with the response or have further questions, you may forward your concerns to the appropriate monitoring agency. The contact number for the Home Care Ombudsman is 1-800-421-7277.