



Parent Newsletter November 2021



Food Safety for the Holidays

Keep foods separated

Keep meat, chicken, turkey, seafood, and eggs separate from all other foods at the grocery store and in the refrigerator. Prevent juices from meat, chicken, turkey, and seafood from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags. Store eggs in their original carton in the main compartment of the refrigerator.

Cook food thoroughly

Meat, chicken, turkey, seafood, and eggs can carry germs that cause food poisoning. Use a food thermometer to ensure these foods have been cooked to a safe internal temperature. Roasts, chops, steaks, and fresh ham should rest for 3 minutes after you remove them from the oven or grill.

Keep food out of the "danger zone."

Bacteria can grow rapidly in the danger zone between 40°F and 140°F. Bacteria can grow rapidly in the danger zone between 40°F and 140°F. After food is prepared, keep hot food hot and cold food cold. Refrigerate or freeze any perishable food within 2 hours. The temperature in your refrigerator should be set at or below 40°F and the freezer at or below 0°F.

4. Use pasteurized eggs for dishes containing raw eggs

Salmonella and other harmful germs can live on both the outside and inside of normal-looking eggs. Many holiday favorites contain raw eggs, including eggnog, tiramisu, hollandaise sauce, and Caesar dressing. Always use pasteurized eggs when making these and other foods made with raw eggs.

5. Do not eat raw dough or batter

Dough and batter made with flour or eggs can contain harmful germs, such as *E. coli* and *Salmonella*. Do not taste or eat raw dough or batter that is meant to be baked or cooked. This includes dough or batter for cookies, cakes, pies, biscuits, pancakes, tortillas, pizza, or crafts. Do not let children taste raw dough or batter or play with dough at home or in restaurants. Some companies and stores offer edible cookie dough that uses heat-treated flour and pasteurized eggs or no eggs. Read the label carefully to make sure the dough is meant to be eaten without baking or cooking.

Thaw your turkey safely

Thaw turkey in the refrigerator, in a sink of cold water (change the water every 30 minutes), or in the microwave. Avoid thawing foods on the counter. A turkey must thaw at a safe temperature to prevent harmful germs from growing rapidly.

Wash your hands

Wash your hands with soap and water during these key times when you are likely to get and spread germs.



<https://www.cdc.gov/foodsafety/communication/holidays.html>

Interested in starting your day care? The Chautauqua Child Care Council Can help you to get started. For more information call 716-664-9430 Ext. 2289 or 2290.

Does your child's caregiver participate in the Child and Adult Care Food Program (CACFP)? CACFP helps providers serve healthy meals and snacks to your child by reimbursing him or her for following nutritious guidelines. If your provider doesn't participate in the CACFP, talk to him or her about signing up. For more information, contact Chris Wigren, CACFP Specialist, at 716-661-9430 ext. 2269 or cwigren@chautopp.org.

Do you need assistance finding quality child care? The Child Care Council can help! We provide free, customized referrals to licensed/registered child care providers in Chautauqua County. Please contact 1-800-424-4532 to get started or email Childcare@chautopp.org

