



## Have You Heard?

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### THANKSGIVING DINNER - SERVE IT SAFELY

Turkey and trimmings. Or ham and candied yams. A table loaded with platters of good food.

It's the traditional Thanksgiving picture that will be repeated in millions of American homes on Thanksgiving Day.

But the picture could change to one that's not so festive if the food should become contaminated and cause illness. And it can happen so easily if you do not know about proper food handling in the home.

You could be making your first Thanksgiving dinner, or you might be an experienced cook. You could be preparing for 15 or for two. In any event, the food you serve could cause illness if you don't understand and follow some precautions to prevent

contamination.

One of the most common causes of contamination and illness is Salmonella, a bacterium which multiplies in the gastrointestinal tract and produces irritation, with resulting nausea, vomiting, abdominal cramps and pain, diarrhea, and fever.

Some foods are especially susceptible to Salmonella, and meat and poultry are two of them.

Chances are your Thanksgiving turkey will be frozen. Always thaw frozen turkey in your refrigerator or microwave oven. Thawing frozen poultry at room temperature gives bacteria a chance to grow. Plan ahead and allow yourself enough time to thaw poultry correctly.

Wash your hands with soap and water before handling any food.

After you handle raw meat, fish, poultry or eggs, wash your hands, utensils and flat work surfaces with soap and hot water to guard against contamination from Salmonella. Remove stubborn bacteria from a cutting board by scrubbing it with soap, rinsing it with hot water and then applying a solution of one teaspoon chlorine bleach to one quart of water.

Do not stuff your Thanksgiving turkey the night before, stuff it immediately before you put it in your oven. Never partially cook a turkey with the idea of finishing the cooking later. Bacteria can survive in partially cooked poultry and "staph" bacteria may produce toxins. DO NOT cook your holiday turkey in a low oven overnight. It takes too long for the internal temperature of the bird to reach a temperature above 140 degrees F. (hot foods kept above this temperature are safe).

But Thanksgiving dinner does not consist only of turkey. There are vegetables and salads, puddings and pies. These can pose as many problems as meat and poultry. Foods that consist in whole or part of milk or milk products, or eggs, can be potentially hazardous and must be handled with care.

Refrigerate cream custard, meringue pies and other foods with custard fillings. You need to also

## Dairy Fun Night Seeks Entries

HARRISBURG (Dauphin Co.) — Pennsylvania's Farm Show will again offer a celebration of the state's large dairy industry. "Dairy Fun Night" will be held on Tuesday, January 12. It presents a showcase of activities promoting "fun with the dairy industry." As part of this event, people can enter two contests, an "Ice Cream Churn-Off," and a "Dairy Obstacle Contest."

The "Churn-Off" will kick-off the evening of fun by giving consumers an opportunity to sample many varieties of ice cream. Earlier contests have featured "Nuttin' Honey," "Banana," and "Super Fudge Chunk" ice creams. The winning recipe will take home a refrigerate potato salad or any similar salad in which you use mayonnaise or salad dressing. These foods should be kept refrigerated until just before you serve them and leftovers should be refrigerated immediately after the meal.

After the big meal is over, everybody is feeling relaxed. You want to watch TV or just sit and visit, and you could be tempted to "clear the table later." Don't let this happen.

Cooked foods should not be left at room temperature; they should be refrigerated immediately. Infectious bacteria in food can double every 15 to 30 minutes when the food is not kept sufficiently hot or cold. Hot foods above 140 degrees and cold foods below 40 degrees.

Also remember it is not necessary to cool hot foods before putting them in your refrigerator. Today's refrigerators can quickly bring foods to the proper temperature for safekeeping without preliminary cooling.

Food contamination in the home is possible any time, but during a holiday, when you are preparing especially large and festive meals, the possibilities are greater. This Thanksgiving, have yourself a feast, but avoid contamination and illness by handling foods with common-sense precautions.

\$300 first prize, with second and third place recipes receiving \$150, and \$125, respectively. The first eight eligible recipes will be selected to compete in the contest. Teams participating in the contest will be limited to no more than four members.

To continue the tradition of "fun," event organizers have created the "Dairy Obstacle Contest." This event will allow participants to experience some of the activities that are conducted on today's dairy farm. This event will require three team members, each having a different responsibility. The stations for team members will include: 1) the stacking of six hay/straw bales; 2) the dodging of "cowpies;" and 3) the pouring of milk from a milk can into half-gallon containers.

The "Obstacle Contest" has three age categories for entrants — 12 years and under; 13 to 19 years; and adults (19 years and above). A first and second place prize will be awarded in each category, \$75 and \$50, respectively. The contest is limited to one entry per category by a family, FFA chapter, 4-H club, church organizations, or other group. The first four entries in each category will be selected to compete in the "Obstacle Contest."

Both of the contests are open to all Pennsylvania residents, except those that are affiliated with the Pennsylvania Dairy Promotion Program. All entries for these contests will be accepted until December 15, 1992. Entries must include the names of all team participants and be mailed to: "Dairy Fun Night, Ice Cream Churn-Off or Dairy Obstacle Contest," Pennsylvania Dairy Promotion Program, 2301 North Cameron Street, Harrisburg, PA. 17110-9408. For the "Obstacle Contest" a team category must be specified.

Winners and finalists must consent to the use of their name and/or photograph for publicity purposes. Prizes are not transferable and income taxes on all prizes are the responsibility of the winners. All federal, state, and local laws apply.

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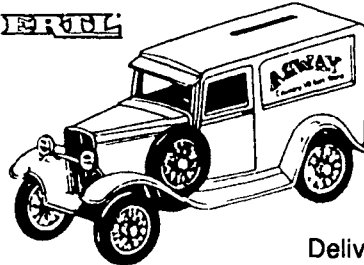
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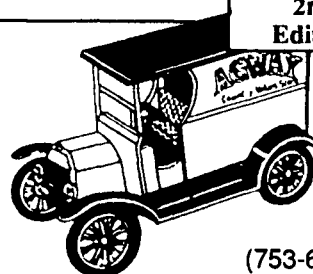
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