



**Florida  
HEALTH**

### **Defrost Turkey & Other Foods**

- The safest thawing method is in the refrigerator at 40° F.
- Plan ahead: A 16–20 lb. turkey can take:  
4–5 days to thaw in the refrigerator  
8–10 hours to thaw in cold, running water
- NEVER thaw a turkey or any other food by leaving it on the counter.

### **Clean**

- Wash hands, utensils and surfaces before and after preparing food.
- Especially wash after preparing meat, poultry, eggs or seafood.

### **Cook to Proper Temperatures**

- Cook food to proper internal temperature.
- Check for doneness with a food thermometer.

### **Separate—Don't Cross Contaminate**

- Keep raw meat, poultry, eggs and seafood and their juices away from food that is ready to eat.

### **Chill**

- Refrigerate or freeze foods that can spoil within two hours.
- Make sure the refrigerator is set at no higher than 40° F and the freezer is set at 0° F.

### **Watch the Clock & Thermometer on Leftovers**

- Put leftovers away within two hours.
- DO NOT leave foods that can spoil—like meats and side dishes—on the table all day long for people to nibble.
- Store large quantities of leftovers in smaller, shallow containers so the food can cool down quicker in a refrigerator or freezer.
- Reheat leftovers to 165° F.

For more information, call the USDA/FSIS Meat and Poultry Hotline:

**1-888-MPHotline (1-888-674-6854)**