

Talking Turkey - Food Safety Tips

Compiled from the USDA Food Safety and Inspection Service (FSIS)

For more information, visit their website at <http://www.fsis.usda.gov/Home/index.asp>

Frozen, fresh and ground turkey is a popular poultry that is a great tasting, high quality, economical protein option. By following these proper handling and cooking tips, you can avoid illnesses caused by *Salmonella* Heidelberg that may be associated with use and consumption of ground turkey. The Food Safety and Inspection Service reminds consumers of the critical importance of following package cooking instructions for frozen or fresh ground turkey products and general food safety guidelines when handling and preparing any raw meat or poultry.

Recommendations for Preventing Salmonellosis:

Wash hands with warm, soapy water for at least 20 seconds before and after handling raw meat and poultry. Also wash cutting boards, dishes and utensils with hot soapy water. Clean up spills right away.

Keep raw meat, fish and poultry away from other food that will not be cooked. Use separate cutting boards for raw meat, poultry and egg products and cooked foods.

Cook raw meat and poultry to safe internal temperatures before eating. The safe internal temperature for meat such as ground beef and pork is 160° F, and 165° F for poultry, as determined with a food thermometer.

Refrigerate raw meat and poultry within two hours after purchase (one hour if temperatures exceed 90° F). Refrigerate cooked meat and poultry within two hours after cooking.

Cooking Time

- * While cooking instructions may give a specific number of minutes of cooking for each side of the patty in order to attain 165 °F internal temperature, consumers should be aware that actual time may vary depending on the cooking method (broiling, frying, or grilling) and the temperature of the product (chilled versus frozen), so it is important that the final temperature of 165 °F must be reached for safety.
- * Do not rely on the cooking time for each side of the patty, but instead use a food thermometer.

Internal Temperature and Color

- * Ground turkey and ground turkey dishes should always be cooked to 165 °F internal temperature as measured with a food thermometer
- * Leftovers also should be reheated to 165 °F.
- * The color of cooked poultry is not always a sure sign of its safety. Only by using a food thermometer can one accurately determine that poultry has reached a safe minimum internal temperature of 165 °F throughout the product.
- * Turkey can remain pink even after cooking to a safe minimum internal temperature of 165 °F. The meat of smoked turkey is always pink.



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