



News

Burlington County Board of Chosen Freeholders
Office of Public Information
609-265-5028/Fax 609-265-5151
www.co.burlington.nj.us

For Immediate Release

Charlene Webster (609) 265-5028

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or Ralph Shrom (609) 265-5028

BURLINGTON COUNTY HEALTH DEPARTMENT PROVIDES THANKSGIVING TIPS

Food Safety and Preparation Tips for a Healthy and Safe Holiday

This Thanksgiving, the Burlington County Health Department is sharing tips that can take one worry off your plate: foodborne illness. Food safety is important and at Thanksgiving, mistakes in the kitchen can lead to foodborne illness.

The U.S. Centers for Disease Control and Prevention estimates that one in six Americans have food-borne illness annually, leading to approximately 128,000 hospitalizations and 3,000 deaths each year. Holiday turkey meals have been linked to outbreaks of bacterial diseases caused by Salmonella and E. coli.

“Food safety is a high priority for the Burlington County Health Department,” said Burlington County Freeholder Mary Ann O’Brien. “A few simple steps will not only ease your holiday fears, but will ensure a delicious and a safe meal for you, your family, and your friends.”

With Thanksgiving Day this week, here are some tips to prepare for the big event:

- **Clean:** Wash hands and food-contact surfaces often. Bacteria can spread throughout the kitchen and get onto cutting boards, knives, sponges and counter tops.
- **Separate:** Don't cross-contaminate. Don't let bacteria spread from one food product to another. This is especially true for raw meat, poultry and seafood. Keep these foods and their juices away from ready-to-eat foods.
- **Cook:** Cook to proper temperatures. Foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause foodborne illness.
- **Chill:** Refrigerate promptly. Public health officials advise consumers to refrigerate foods quickly because cold temperatures keep most harmful bacteria from growing and multiplying. Refrigerators should be set at 40 degrees F and the freezer at 0 degrees F, and the accuracy of the settings should be checked occasionally with a thermometer.

For more information about food safety please visit the Health Department website at:

<http://www.co.burlington.nj.us/Pages/pages.aspx?cid=434>

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