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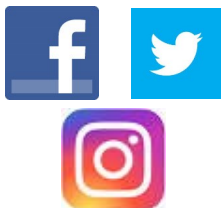
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Learn more at www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/poultry/turkey-farm-table

Whether it is a simple meal for two, or a large gathering with a buffet, food safety is a priority at any meal, and especially at the holidays. Nobody wants the gift of foodborne illness!

Are you the host for the holiday meal? Reduce your stress by starting a list now to plan the location, food and recipes, activities and games, and what your guests could bring. Put it in a timeline or on a calendar to stay on schedule.

Are you buying a fresh or frozen turkey? If you choose fresh, be sure to place an order with your grocer or butcher shop

Turkey with a Side of Food Safety!

and pick it up 1-2 days before the meal. Frozen turkeys can be purchased any time and stored in the freezer. Pay attention to grocery sales to save some money.

Frozen turkeys are best thawed in the refrigerator or in cold water. In the refrigerator, plan on at least five days for a 20 pound turkey. In cold water, allow about 30 minutes per pound of turkey.

Do you only have one oven? Use a slow cooker for hot dishes. A table top roaster oven can be used like a regular oven for many items. Even electric pressure cookers can cook up some tasty dishes! Some items, such as dessert or bread can be made ahead and frozen.

When cooking the turkey, remember that 325 degrees F is the lowest oven temperature to safely cook turkey. Use a food thermometer to be sure it reaches a minimum internal temperature of 165 degrees F.

Learn more at www.ksre.k-state.edu/foodsafety/topics/holiday.html

Can Two Turkeys Be Roasted in One Oven?

The cooking time is determined by the weight of one bird—not the combined weight. Use the weight of the smaller bird to determine cooking time. Use a food thermometer to check the internal temperature of

the smaller bird first and then check the second bird. A whole turkey is safe when cooked to a minimum internal temperature of 165 °F as measured with a food thermometer. Check the internal temperature in the

innermost part of the thigh and wing and the thickest part of the breast. When cooking two turkeys at the same time make sure there is enough oven space for proper heat circulation.

Source: [FoodSafety.gov](https://www.foodsafety.gov)

How Safe is Food After a Fire?

Fire! Few words can strike such terror. Residential fires are, unfortunately, a common occurrence. Some 2 million American homes go up in flames yearly. In the aftermath of fire, people are left to salvage their lives and belongings.

Whether it's the whole house involved or just a fire in the kitchen, people try to save what they

can — including food. But generally, saving food that's been in a fire is not a good idea. Food exposed to fire can be compromised by three factors: the heat of the fire, smoke fumes, and chemicals used to fight fire.

- Discard any food exposed to smoke fumes.

- Foods exposed to chemicals should be discarded.
- If canned foods are not damaged but are exposed to chemicals, they can be decontaminated with a strong detergent solution. Then dip in a bleach solution of 1 tablespoon plain bleach per gallon water for 15 minutes.



Learn more at www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/emergencies/fires-and-food-safety
Photo: Canva.com



Tips on preparing and serving ham can be found at www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/meat/hams-and-food-safety

Videos on Thanksgiving Food Safety

The USDA Food Safety YouTube channel has videos to help consumers prepare turkey safely for the holidays. The videos include:

Thanksgiving Food Safety

- [Thawing Your Turkey](#)
- [Cooking Your Turkey](#)
- [Cross Contamination](#)
- [Leftovers](#)
- [Handwashing](#)
- [Host Thanksgiving Like a Pro](#)

More videos can be found at <https://www.youtube.com/@USDAFoodSafety>

November is National Diabetes Month

Take charge of your health!

Diabetes affects about 37 million Americans at all ages. Diabetes can damage your eyes, kidneys, nerves, heart and is linked to some types of cancer.

You can take steps to help prevent diabetes health problems. Manage your blood glucose, blood pressure and cholesterol. Change your lifestyle by eating healthy meals, get more physical activity, get enough sleep, and stop smoking. These steps can also reduce weight. If you need medications, take them on time. Seek mental health support to make your way through diabetes care. And always consult your medical professional for guidance.

Learn more at www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month.



Learn more at www.k-state.edu/diningwithdiabetes/

Is It Safe to Re-can Already Canned Food?



Learn more at https://nchfp.uga.edu/questions/FAQ_canning.html#32

Photo: Canva.com

People often think that they can save money by buying larger containers of canned food, transferring the contents (or leftovers from the first use) to smaller jars and re-processing it. Others wonder if this is a way to save leftovers from any size can for a longer time than they will keep in the refrigerator.

There are three main problems with doing this:

1. There are no safe tested process to do this. The way heat goes through a jar of already canned food is different than fresh food. The food will become very soft and compact more. This could lead to underprocessing and spoilage.
2. There is no cost savings in re-canning foods.
3. The food quality will be greatly reduced. Nutrients will be lost and more textural changes will occur.

Bottom line, do not plan to re-can any food.



Mailing Food Gifts

Food gifts are a tasty treat for loved ones far away from home. Consider foods that are healthy and easy to make.

- Non-perishable foods are best. You don't want to give the gift of foodborne illness!

- Choose firm and chewy cookies. Place them back-to-back and wrap with plastic wrap.
- Bar cookies ship well, but avoid recipes with cream cheese or other high amounts of dairy ingredients.

- Pack in a small box or tin. Place inside another box with packing material.

Learn more at www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/mail-order-food-safety

To ship internationally, check the www.usps.com/ website for shipping deadlines.



Photo: Canva.com

Map the Meal Gap 2023

Think about this. According to a report from Feeding America, Map the Meal Gap 2023, 100% of counties and congressional districts have food insecurity. People are facing hunger.

The USDA defines food insecurity as "the lack of access, at times, to enough food for an active, healthy life."

Levels of food insecurity vary by race, ethnicity, poverty, unemployment, and other factors. It is higher among Black and Latino populations compared to white populations in more than 9 out of every 10 counties. While SNAP food assistance programs help, there are still 1 in 3 people who do not qualify for these benefits. Many rural communities have the highest rates of food insecurity.

Learn more at feedingamerica.org.

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Don't Forget to Clean the Sink!



Photo: Canva.com

We use the kitchen sink for food preparation and more. The possibility exists for foodborne illness-causing bacteria to hang out in the sink too. These bacteria could cross-contaminate your food and make you sick!

In USDA [recent study](#), participants prepared a breakfast meal with raw sausage, shell eggs, and a fruit salad made with cantaloupe they cut up. Among the surfaces tested, the most often contaminat-

ed after they finished preparing their meal was the kitchen sink, with 34% of sinks being contaminated.

Even scarier, 26% of the samples of cut-up cantaloupe from the fruit salad were contaminated after breakfast prep. The bacteria in the sink or on your hands can cross-contaminate from the sink to other items, including those you normally eat raw...this means you'll be eating that bacteria too.

After using your sink to wash or prepare food, clean and sanitize your sink:

1) Use warm, soapy water to wash the sink. Wipe it clean with paper towels.

2) Use a sanitizer and let air dry. Sanitizers can be homemade (1 tablespoon of liquid chlorine bleach per gallon of water) or use a commercial sanitizer or sanitizing wipe.

ask
an EXPERT



Karen Blakeslee, M.S.



On the Web at
www.rrc.ksu.edu



Cleaning and Storing Canners

As canning season winds down, it's time to clean and store the equipment for next year. Here's some tips for pressure canners.



Photo: KSRE

- Clean the vent and safety valve with a pipe cleaner or small piece of cloth.

- Check the gasket for cracks

and food debris.

- If the inside of canner has darkened, fill it above the darkened line with a mixture of 1 tablespoon cream of tartar to each quart of water. Place the canner on the stove, heat water to a boil, and boil covered until the dark deposits disappear. Sometimes stubborn deposits may require the addition of more cream of tartar. Empty the canner and wash it with hot soapy water, rinse and dry.

For more information, see http://nchfp.uga.edu/tips/fall/store_canning_supplies.html