

Holiday Fight BAC!

Lesson In a Box

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Cornell University
Cooperative Extension
New York City

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Nutrition and Health Program

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Holiday Fight BAC!

Lesson In a Box

Core Messages:

- Thaw holiday meats safely
- Cook meats to proper temperature
- Chill foods safely
- Reheat foods safely (Optional activity)

Suggested Recipes:

- Confetti Bean Salsa
- Easy Skillet

Suggested Incentives:

- Meat Thermometer
- Pot Holder
- Calendar

Holiday Fight BAC!

Table Layout

MyPyramid Poster

Learning Station Title Sign
CUCE Nutrition and Health
Poster

Fight BAC! Poster

“Safe
Thawing”
Signs

“Safe
cooking”
Sign

“2 Hour”
Sign

<p>Aluminum pan with frozen turkey image propped up</p> <p>Pictures of unsafe foods with check marks and “no” marks</p>	<p>Turkey Carton Model</p> <p>Place cards</p> <p>Pictures of safely and unsafely cooking a turkey</p>	<p>Medium Pot</p> <p>Small stack of plastic containers</p> <p>Picture of Safely stored leftovers</p> <p>Picture of Unsafely stored leftovers</p>
<p>Activity 1: How do you thaw your turkey or ham?</p>	<p>Activity 2: How do you know when your meat is fully cooked?</p>	<p>Activity 3: How do you store your leftovers?</p>

Holiday Fight BAC!

Table Layout

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“Safe
Thawing”
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“Safe
cooking”
Sign

“2 Hour”
Sign

Optional
(to be used in addition to activity 1,2 &3 if
time allows)

			<p>Small stack of plastic containers</p>
			<p>Serving Spoon</p>
			<p>Meat thermometer</p>
			<p>Reheated leftovers with thermometer oven and microwave pictures</p>
			<p>Activity 4: How do you reheat your leftovers?</p>

List of Supplies

Table Set-Up:

- Table Cloth
- MyPyramid Poster
- Fight BAC! Poster
- CUCE Nutrition & Health Sign
- Holiday Fight BAC! Lesson In a Box Sign
- Decorative holiday turkey and ham images (optional)

Activity 1:

- Activity Sign (How do you thaw your turkey or ham?)
- “Safe ways to thaw meat” posters
- Shallow aluminum baking pan
- Laminated cut out of a frozen turkey in package
- Pictures of safe and unsafe ways to defrost foods – Suggest amount 5-6
- Green check marks
- Red stop signs
- Turkey package label

Activity 2:

- Activity sign (“How do you know when your meat is fully cooked?”)
- “Safe Cooking Methods” Poster
- Meat Thermometer
- 7 4” x 6” index cards to make place cards (directions provided)
- Turkey ½ gallon carton model (directions provided)
- Picture of turkey with the meat thermometer (cook to 165°F), with pop-up indicator, and stuffing cooking on its own

Activity 3:

- Activity sign (“How do you store your leftovers?”)
- “2” hour sign
- Unsafe leftover model picture
- Safely stored leftover pictures
- Plastic shallow storage containers (about 3)
- Laminated image of Metal Pot propped up (Optional: Real Metal Pot)

Activity 4: (optional)

- Activity sign (“How do you reheat your leftovers?”)
- 3 Pictures of leftovers (casserole) with thermometer as conversation piece
 - (Two being warmed by microwave , the other by a conventional oven)
- Meat thermometer
- Serving spoon
- Plastic shallow storage containers (about 3)

Activity 1:

How do you thaw your turkey or ham?



Directions for Activity:

“Identifying Safe and Unsafe Thawing Methods”

- Set up various pictures of safe and unsafe thawing methods on the table or wall (depending on space available).
- Participants should place green check marks on the safe ways and stop signs on the unsafe ways.
- Discuss why the improper ways are hazardous.

NOTE: When presenting to a group of participants who are mostly just “passing by,” have the X’s and ✓’s already placed to portray the correct food safety message.

Activity 1

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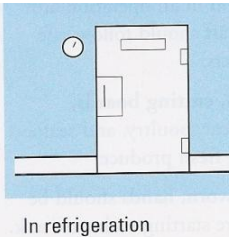
Open Ended Questions:

- How do you thaw food?
- How do you thaw your turkey?
- How do you know how many pounds your turkey weighs?
- Why is the weight of a turkey important to know?
- What do you notice about the pictures on the table?
- Who would like to place the X's and ✓'s to represent the correct and incorrect ways to thaw a turkey?
- Why are these methods safe or unsafe?

Message:

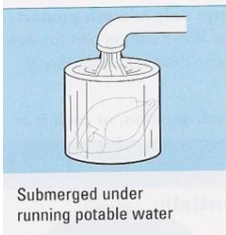
- It is important to thoroughly wash your hands before and after handling raw meat products.
- 3 ways recommended to defrost meat/poultry:

1. Refrigerator - the safest way to thaw meat/poultry



- Keep the meat/poultry in the original packaging and place in a shallow pan on the bottom shelf to avoid cross-contamination caused by leaking juices.
- *The refrigerator must be 40°F or below!*
- Allow 24 hours for every 4-5 pounds of meat
 - Turkey/meat wt can be found on the packaging label or store receipt – it is often called “Net Weight (Wt)”

2. Cold water



- Keep the meat/poultry in the original, airtight packaging and place in a clean and sanitized pan. Then place into cold water – **NOT** hot water! The meat/poultry must be cooked immediately after it is thawed, and then may be frozen for storage.
- Keep under clean, cold, running potable water
- It takes about 30 minutes for each pound of meat/poultry to thaw

3. Microwave



- Meat/poultry can be thawed in a **microwave only** if it is going to be cooked directly after.
- Thaw meat/poultry in a microwave according to directions on packaging
- You may place a turkey in an oven bag left open for ventilation

Activity 1

Holiday Fight Bac!

Additional Information:

- **Avoid cross-contamination:** Clean/sanitize counter tops cutting boards and knives between use. Utensils contacting raw meat must be cleaned and sanitized. Fresh fruits and vegetables should never touch raw meat, a utensil or surface area that has touched raw meat.

Note: Sanitizing solution: 1 Tbsp bleach/gallon warm water *or* 1 tsp bleach/quart warm water

- **Time it takes to defrost a turkey:**

Weight of Turkey	Defrosting in the Refrigerator	Defrosting under cold running water
4-12 pounds	1-3 days	2-6 hours
12-16 pounds	3-4 days	6-8 hours
16-20 pounds	4-5 days	8-10 hours
20-24 pounds	20-24 days	10-12 hours

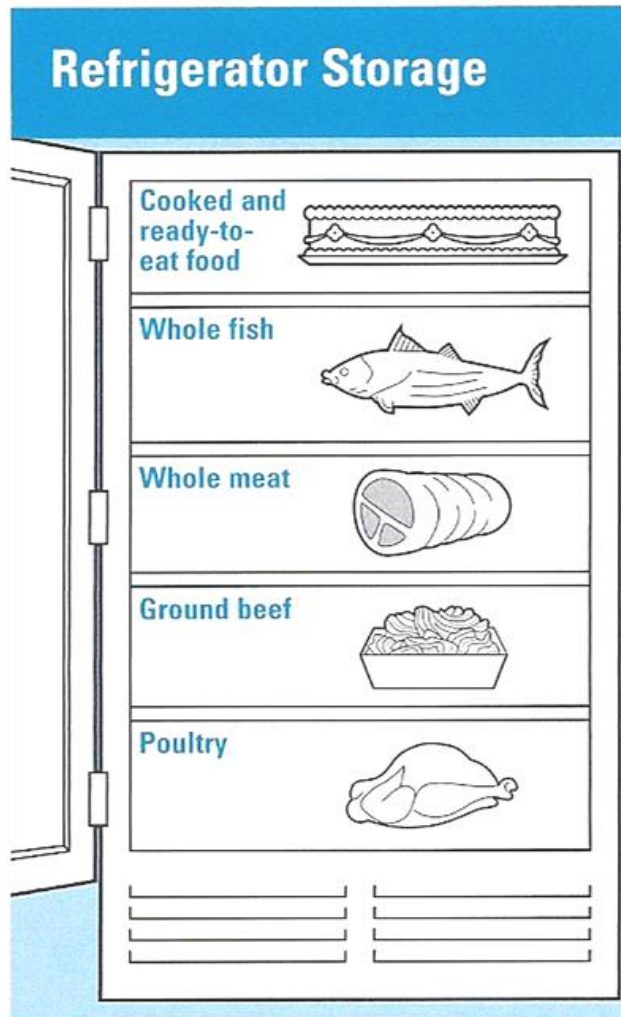
- Never defrost meat on the counter! Room temperature falls in the danger zone and allows for the optimal environment for bacterial growth on the surface of the meat.
- Meat products defrosted in the microwave should be cooked immediately because they may have been held at temperatures above 40°F.
- Refer to the owner's manual for the size of the meat that will properly fit into the microwave, minutes per pound and power level to use for thawing.

Other holiday items that require attention:

- **Eggs** must be refrigerated. Eggs must be cooked to 160°F until the yolk and white are firm. Dishes such as quiche and soufflés can be refrigerated but must be reheated to 165°F.
- **Fruits** and **vegetables** that are cut, peeled or cooked must be refrigerated after two hours.
- **Fish:** Proper procedures for thawing include the placement of the fish in the refrigerator or in an air tight bag submerged in cold water. The cold water should be changed every ½ hour. A fish is properly cooked when the flesh has become an opaque white color and the thermometer read 145°F.

Activity 1

Holiday Fight Bac!



Recommended top-to-bottom order for storing different raw food in the same refrigerator

Activity 2:

How do you know when your meat is fully cooked?



Directions for Activity :

“Identifying how to determine if meat/poultry is properly cooked”

- Set up place cards featuring both **safe** and **unsafe** methods for determining whether or not meat is properly cooked.
- Have participants divide the statements in two columns – safe and unsafe – Use a X to mark the unsafe column and a √ to mark the safe column
- Using the turkey carton and meat thermometer as a model, have participants discuss proper ways to take cooking temperatures of meat.

NOTE: When presenting to a group of participants who are mostly just “passing by,” have statements already placed in X and √ columns to portray the correct food safety message.

Unsafe (X):

- “When the outside of the turkey is dark brown.”
- “When the timer goes off”
- “When the meat is no longer pink”
- “The indicator button on the turkey pops up”
- “When the meat thermometer reads 165°F inside the breast of the turkey” (unsafe if cooking an entire turkey)

Safe (√):

- “When the meat thermometer reads 165°F inside of the breast, thigh and wing of the turkey”
- “When the juices run clear” (an option for when a thermometer is not available)
- “When the meat thermometer reads 165°F inside the breast of the turkey” (safe if cooking only a turkey breast)

Activity 2

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Open Ended Questions:

- How do you know when your meat/poultry is fully cooked?
- How do you measure the temperature of your turkey or ham?
- What methods do you use to determine when your turkey is safe to eat?
- Why are the unsafe methods you selected hazardous?

Message:

- Meat (food) should be cooked to the proper temperature!
- Oven temperature and meat temperature are not the same thing
 - Example: the oven temperature can say 300°F but the meat thermometer can show a turkey is only at 100°F (not fully cooked)
- Cook the stuffing separately in a casserole dish to 165°F for the safest meal.
 - Stuffed meats and poultry cook unevenly and require a longer cooking time
- Insert your thermometer into different parts of the turkey to check for proper temperature. Make sure the thermometer does not touch the bone or bottom of the pan.
- A turkey is safe to eat when the food thermometer reads a **minimum** of 165°F throughout the whole bird
- Using a thermometer is the safest way to tell if meat is fully cooked. If a meat thermometer is not available, closely follow the recommended cooking directions on the package of the turkey, then cut into the thickest part of the turkey – it shouldn't be pink and juices should be clear.

Fun Fact: One pound of turkey will feed one person and give extra for leftovers:

4-8 pounds feeds 4-8 people

Activity 2

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Additional Information:

- Cooking direction/oven temperatures can be found on turkey packaging
- If stuffing the turkey is preferred, wet and dry ingredients should be kept separate if prepared ahead of time chilling the wet ingredients. Mix the wet and dry ingredients right before stuffing. Stuff the turkey loosely (about $\frac{3}{4}$ cups per pound). Stuffing should reach a minimal internal temperature of 165°F.

Meat Weight	Cooking time for UNSTUFFED meat	Cooking time for STUFFED meat
4 - 8 (breast)	1 $\frac{1}{2}$ - 3 $\frac{1}{4}$ hours	-----
8 - 12 pounds	2 $\frac{3}{4}$ - 3 hours	3 to 3 $\frac{1}{2}$ hours
12 - 14 pounds	3 - 3 $\frac{3}{4}$ hours	3 $\frac{1}{2}$ to 4 hours
14 - 18 pounds	3 $\frac{3}{4}$ to 4 $\frac{1}{4}$ hours	4 to 4 $\frac{1}{4}$ hours
18 - 20 pounds	4 $\frac{1}{4}$ - 4 $\frac{1}{2}$ hours	4 $\frac{1}{4}$ to 4 $\frac{3}{4}$ hours
20 - 24 pounds	4 $\frac{1}{2}$ - 5 hours	4 $\frac{3}{4}$ to 5 $\frac{1}{4}$ hours

- **Hot foods** must be kept at 140°F or above if eating within 2 hours.
 - Use chafing dishes, warming trays and slow cookers.
- **Cold foods** must be kept 40°F or below within 2 hours after preparation.
 - Nest items in bowls of ice or use small serving trays, replacing food as needed from the refrigerator.

Activity 3:

How do you store your leftovers?



Directions for Activity:

“Properly Storing Leftovers”

- Set up a laminated image of a metal pot propped up against plastic containers
- If using actual metal pot – demonstrate how the contents of several small, shallow plastic containers can fit into the large pot
- Have participants discuss what methods they use to store leftovers.

Activity 3

Holiday Fight Bac!

Open Ended Questions:

- How do you store your leftovers?
- How would you use these items to store your leftovers?
- How long can your food be left out before it needs to be discarded?

Message:

- Refrigerate or freeze leftovers as soon as possible
- Any food left out between 40°F and 140°F for more than 2 hours has the potential for causing foodborne illness and needs to be discarded.
- Separate food into smaller containers and make sure to refrigerate within 2 hours
 - Leftovers should be divided into smaller portions to allow for even and faster cooling.
- Discard any food items that have been left out more than 2 hours – they may look or smell good but can be harmful

Additional Information:

- If you don't have Tupperware you can use a small bowl covered with cellophane wrap, Ziploc® bags, etc.
- Refrigerator temperature should be set no higher than 40°F and the freezer at 0°F.
- Recommendations for leftover fresh pieces of meat stored in the **refrigerator** be consumed as follows:
 - Cooked turkey within 1-2 days
 - Gravies, stews and stuffing should within 3 to 4 days
 - Casseroles (all) within 3-4 days
- Freezer storage:
 - Cooked Turkey pieces within 9 months
 - Soups and Stews within 2-3 months
 - Meat or vegetable casseroles within 2-3 months
 - Poultry casseroles within 4-6 months

Activity 4: (Optional)

How do you reheat your leftovers?



Directions for Activity:

“Proper Methods for Reheating Foods”

- Focus on the pictures of the casseroles being heated in the oven and microwave.
- Discuss the proper temperatures and techniques for reheating cool leftovers

Activity 4

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Open Ended Questions:

- How do you usually reheat leftovers?
- How do you know they are ready to eat?

Message:

- Oven temperature should be set at 325°F when reheating foods.
- All leftovers should reach an internal temperature of 165°F. A meat thermometer should be used to check the temperature.
 - cold spots may exist – check the temperature of food in different areas.
- When microwaving, food should be covered, stirred and rotated for even heating.
- Food should always be reheated in smaller in the amount that will be consumed.
- Do not put reheated leftovers back in the refrigerator.

Additional Information:

- Gravies, sauces and stews need to be reheated to a boil on the stovetop.

Confetti Bean Salsa

Serving Size: 1/2 cup Yield: 6

Ingredients:

- 1 can (15 ounce) black or red beans
- 1 can (11 ounce) corn
- 1 cup salsa.

Instructions:

1. Drain and rinse the beans. Drain the corn.
2. Combine beans, corn, and salsa in a medium-size bowl. Mix

Note: Like it hot? Add a few drops of hot sauce or chopped green chilis. Try chopped cilantro, parsley or green pepper, too.

SNAP-Ed Connection Recipe Finder
<http://recipefinder.nal.usda.gov/index.php>

Salsa de Frijoles Confeti

Serving Size: 1/2 taza Yield: 6

Ingredientes:

- 1 lata (15 onzas) de frijoles negros o rojos
- 1 lata (11 onzas) de maíz
- 1 taza salsa

Instrucciones:

1. Drene y enjuague los frijoles. Drene el maíz.
2. Combine los frijoles, el maíz, y la salsa en un contenedor mediano. Mezcle.

Nota: Si le gustan las salsas picantes, agregue unas gotas de salsa picante o chiles verdes rebanados. Intente cilantro, perejil, o pimienta verde también.

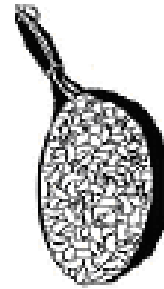
SNAP-Ed Connection Recipe Finder
<http://recipefinder.nal.usda.gov/index.php>

Easy Skillet

Makes 6 servings

- ¾ pound lean ground beef or ground turkey
- 1 cup onion, chopped
- 1 cup green pepper, chopped
- ½ cup uncooked elbow macaroni
- 1 14-ounce can no-salt diced tomatoes
- ½ teaspoon salt, if desired
- 1 teaspoon chili powder
- ½ cup water

1. In a frying pan, brown meat and drain off fat.
2. Add onion and green pepper; cook until tender.
3. Once meat is cooked, stir in the macaroni and other ingredients. Cover and simmer until macaroni is tender.



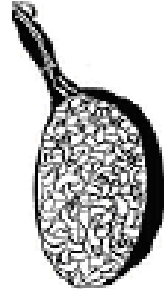
Nutrients per serving: ½ cup			
Calories	208	Sodium	478 (67) mg
Fat	10.5 gm	Carbohydrate	11 gm
Cholesterol	44 mg	Protein	15.5 gm

Comida Fácil al Sartén

Rinde 6 porciones

- ¾ libras de carne de res magra molida o pavo molido
- 1 taza de cebolla picada
- 1 taza de pimiento verde picado
- ½ taza de pasta de coditos crudos (macarrones elbows)
- 1 lata de 14 onzas de tomates sin sal
- ½ cucharadita de sal si lo desea
- 1 cucharadita de polvo chile en polvo
- ½ taza de agua

1. En un sartén dore la carne bien y escurra la grasa.
2. Agregue las cebolla, el pimiento verde y cocine hasta que estén tiernos.
3. Una vez la carne esté cocida, agréguele los macarrones y los demás ingredientes. Tape y cocine a fuego lento hasta que se ablanden los macarrones.



Nutrientes por Porción: ½ taza			
Calorías	208	Sodio	478 (67) mg
Grasa	10.5gm	Carbohidratos	11 gm
Coolesterol	44 mg	Proteína	15.5 gm

Safe Minimum Cooking Temperatures

Use this chart and a food thermometer to ensure that meat, poultry, seafood, and other cooked foods reach a safe minimum internal temperature.

Remember, you can't tell whether meat is safely cooked by looking at it. Any cooked, uncured red meats – including pork – can be pink, even when the meat has reached a safe internal temperature.

Why the Rest Time is Important

After you remove meat from a grill, oven, or other heat source, allow it to rest for the specified amount of time. During the rest time, its temperature remains constant or continues to rise, which destroys harmful germs.

Category	Food	Temperature (°F)	Rest Time
Ground Meat & Meat Mixtures	Beef, Pork, Veal, Lamb	160	None
	Turkey, Chicken	165	None
Fresh Beef, Veal, Lamb	Steaks, roasts, chops	145	3 minutes
Poultry	Chicken & Turkey, whole	165	None
	Poultry breasts, roasts	165	None
	Poultry thighs, legs, wings	165	None
	Duck & Goose	165	None
	Stuffing (cooked alone or in bird)	165	None
Pork and Ham	Fresh pork	145	3 minutes
	Fresh ham (raw)	145	3 minutes
	Precooked ham (to reheat)	140	None
Eggs & Egg Dishes	Eggs	Cook until yolk and white are firm	None
	Egg dishes	160	None
Leftovers & Casseroles	Leftovers	165	None
	Casseroles	165	None
Seafood	Fin Fish	145 or cook until flesh is opaque and separates easily with a fork.	None
	Shrimp, lobster, and crabs	Cook until flesh is pearly and opaque.	None
	Clams, oysters, and mussels	Cook until shells open during cooking.	None
	Scallops	Cook until flesh is milky white or opaque and firm.	None

References

The following links were last accessed in October 2009:

- <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm092815.htm>
- <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm077331.htm>
- <http://www.holidayfoodsafety.org>
- <http://www.mypyramid.gov/holiday-foodsafety.html>
- www.fsis.usda.gov
- www.homefoodsafety.org
- www.snap.nal.usda.gov

Recipes:

- Easy Skillet. Nutrition and Health Program Recipe Collection. Cornell University Cooperative Extension New York City
- Confetti Bean Salsa. Retrieved November 23rd, 2009, from SNAP-ED Connection Recipe Finder, http://recipecfinder.nal.usda.gov/index.php?mode=display&rec_id=296

Decorative Table Images:

- Butterball® Turkey [Online Image]. (n.d.). Retrieved November 23, 2009, from butterball.com, http://www.butterball.com/system/recipe_images/0000/0557/Cranberry-Glaze-Turkey_Final_1.jpg
- Holiday Ham [Online Image]. (n.d.). Retrieved November 23, 2009, from georgiafaces.cases.uga.edu, <http://georgiafaces.caes.uga.edu/graphicsfiles/ham%201%20low%20res.jpg>

Activity 1 Images:

- Honeysuckle White® [Online Image]. (n.d.). Retrieved November 23, 2009, from Honeysucklewhite.com, http://www.honeysucklewhite.com/ProductDetail.aspx?product_category_id=1&product_id=21
- Turkey Label [Online Image]. (n.d.) Retrieved November 24, 2009, from recipetips.com, <http://www.recipetips.com/kitchen-tips/t--1287/buying-a-turkey.asp>
- Turkey Thawing in the Refrigerator [Online Image]. (n.d.). Retrieved November 23, 2009, from media.photobucket.com, <http://media.photobucket.com/image/thawing%20a%20frozen%20turkey/bfeiner/turkeythaw.jpg>
- Defrosting Turkey [Online Image]. (n.d.). Retrieved November 23, 2009, from flickr.com, <http://www.flickr.com/photos/lobraumeister/3208590176/>
- Defrosting Turkey [Online Image]. (n.d.) Retrieved November 23, 2009, from foodbuzz.com, <http://www.foodbuzz.com/photos/0003/7751/quick-defrost-turkey.jpg>
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- Educational Foundation (National Restaurant Association). (2008). ServSafe coursebook. Chicago: National Restaurant Association, Educational Foundation. "Refrigerator Storage," Exhibit 7e. page 7-7.
- Educational Foundation (National Restaurant Association). (2008). ServSafe coursebook. Chicago: National Restaurant Association, Educational Foundation. "Acceptable Methods for Thawing Food," Exhibit 8b. page 8-3.

Activity 2 Images:

- Thanksgiving Turkey [Online Image]. (n.d.). Retrieved November 23, 2009, from eHow.com, http://i.ehow.com/images/GlobalPhoto/Articles/2101895/turkey_Full.jpg
- Turkey with Pop up Timer [Online Image]. (n.d.). Retrieved November 23, 2009, from ieHow.com, http://i.ehow.com/images/GlobalPhoto/Articles/4584625/800px-ThanksgivingTurkey-main_Full.jpg
- Educational Foundation (National Restaurant Association). (2008). ServSafe coursebook. Chicago: National Restaurant Association, Educational Foundation. "Thermometer in Turkey checking internal temperature," page U1.

Activity 3 Images:

- Holiday Leftovers [Online Image]. (n.d.). Retrieved November 23, 2009, from apartmenttherapy.com, http://www.apartmenttherapy.com/uimages/kitchen/2008_12_4-Leftovers2.jpg
- Stock pot [Online Image]. (n.d.). Retrieved November 25, 2009, from denovoverseas.com, <http://www.denovoverseas.com/images/products/containers/stock-pot-big.jpg>
- Leftovers in Refrigerator [Online Image]. (n.d.). Retrieved November 23, 2009, from i.eHow.com, http://i.ehow.com/images/GlobalPhoto/Articles/4695491/food-thanksgiving-leftovers-kc-main_Full.jpg

Activity 4 Images:

- Reheating Leftovers [Online Image]. (n.d.). Retrieved November 23, 2009, from georgiafaces.cases.uga.edu, <http://georgiafaces.caes.uga.edu/graphicsfiles/leftoversUSDA.jpg>
- Reheating in the Microwave [Online Image]. (n.d.). Retrieved November 23, 2009, from fsis.usda.gov, <http://www.fsis.usda.gov/OA/pubs/cfg/Color/jpg/10-microwave.jpg>