

TURKEY TIME!

Make Sure Your Cooking It Right!

Many of us don't think of Thanksgiving without a mental picture of a turkey coming to mind! If you are planning on treating your family to this traditional feast this year, there are some important things you need to be aware of to make sure you are preparing and cooking that meal safely!

Following are a few tips from the Healthy Canadians website:

Thawing: The safest way to thaw frozen raw chicken or turkey is in the refrigerator. Always defrost food in the refrigerator, in cold water or in the microwave - never at room temperature. Thawing your poultry at room temperature can allow bacteria to grow.

Cooking: Cook whole birds until the temperature of the thickest part of the breast or thigh is 85°C (185°F).

Leftovers: Refrigerate or freeze all poultry leftovers within two hours to minimize the chance of bacteria growing.

These are just a few of the many great tips found on the Healthy Canadians website, [click here](#) for more!

Happy Thanksgiving!



Five Hills
Health Region

Healthy People – Healthy Communities