

## Holiday Food Safety

**By: Jillian Brooks, Student Pharmacist**  
University of Minnesota, College of Pharmacy

The holidays mean people are buying and preparing larger amounts of food for their families. Food that is cooked in the wrong way can make people get sick.

### How can food cause harm?

The most common ways for people to get sick from food is due to food that is either undercooked or stored in the wrong way. This happens because of the bacteria that grows on the food. People who eat food that has gone bad can start feeling sick usually about 8 hours to 2 days after eating the bad food. Usually, people will start having an upset stomach, vomiting, diarrhea and sometimes flu-like symptoms or fevers.



### How to safely prepare, cook and store food:

- Food preparation
  - Wash hands and keep cooking utensils and surfaces clean.
  - Separate raw meat from fruits and vegetables.
- For ham and turkey:
  - Thaw it in the fridge for 2-5 days in the package placed in a pan. The packaging for the turkey will also have instructions on how to cook.
  - To thaw on the counter, cover it in cool water in the packaging and change the water every 30 minutes.
  - Cooked thawed meat within 2 days.
  - Turkey should be cooked to 165 F and ham to 145 F
- For leftovers:
  - Wrap tightly in a container or bag and refrigerate within 2 hours of finishing a meal.
  - Store leftover food in the refrigerator for 2-4 days or in the freezer for 3-4 months.

### What to do if you feel sick:

Make sure to drink plenty of fluids, such as Pedialyte, Gatorade and water.

If symptoms do not improve within 1-2 days or are very severe, you should be evaluated by a medical professional.

**Call Poison Center at 1-800-222-1222 for advice.**

### Upcoming Events

- November 5: Students in Medicine Event
- November 11: The School Nurse Organization of Minnesota Conference



### Did You Know?



A poison can be found all around us in different forms.

**Solids** such as pills, plants, powders, pesticides, fertilizers, lead

**Liquids** such as perfumes, cleaning supplies, auto products, cough syrups

**Sprays** such as insecticides, spray paint, cleaning products

**Gases/Vapors** such as carbon monoxide, air pollution,