The Thanksgiving meal is the largest many cooks prepare each year. Getting it just right, especially the turkey, brings a fair amount of pressure whether or not a host is experienced with roasting one. Follow these tips to make sure your Thanksgiving meal is both delicious and safe to serve.

Steps to follow before cooking a turkey:
- Read labels carefully. Temperature labels show if the bird is fresh or frozen. If you plan to serve a fresh turkey, purchase it no more than two days before Thanksgiving.
- Purchase two thermometers: a refrigerator thermometer to ensure the turkey is stored at 40 °F or slightly below and a food thermometer to make sure the cooked turkey reaches a safe 165 °F.
- Thaw the turkey by using the microwave, the cold water method, or the refrigerator. The refrigerator method is USDA recommended.

Steps to follow when cooking a turkey:
- Wash hands with warm water and soap for 20 seconds before touching any food to prevent the spread of many types of infection and illness.
- Do not wash the turkey. This only spreads pathogens onto kitchen surfaces. The only way to kill bacteria that causes foodborne illness is to fully cook the turkey.
- Keep raw turkey separated from all other foods at all times.
- Use separate cutting boards, plates, and utensils when handling raw turkey to avoid cross-contamination. Wash items that have touched raw meat with warm soap and water, or place them in a dishwasher.
- Cook the turkey until it reaches 165 °F, as measured by a food thermometer. Check the turkey’s temperature by inserting the thermometer in three places: the thickest part of the breast, the innermost part of the thigh, and the innermost part of the wing.

Steps to follow when consuming leftover Thanksgiving food:
- Refrigerate leftovers within two hours to prevent bacteria from growing on the food.
- Store leftovers in shallow pans or containers to decrease cooling time. This prevents the food from spending too much time at unsafe temperatures (between 40 °F to 140 °F).
- Do not store stuffing inside a leftover turkey. Remove the stuffing from the turkey, and refrigerate the stuffing and the meat separately.
- Avoid consuming leftovers that have been left in the refrigerator for longer than 3 or 4 days. Use the freezer to store leftovers for longer periods of time.
- Keep leftovers in a cooler with ice or frozen gel packs if the food is traveling home with a guest who lives more than two hours away.
Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

- **Cold water:** Cook immediately after thawing. How to thaw: Submerge the bird in cold water & change every 30 mins.
- **Microwave:** Cook immediately after thawing. How to thaw: Use defrost function based on weight.
- **Fire:** Safe to store the turkey for another 1–2 days in the refrigerator. This is the USDA recommended thawing method. How to thaw: Allow approximately 24 hrs. for every 4-5 lbs. of bird.

Clean

Wash your hands for 20 seconds with soap and warm water. Utensils Plates Countertops Cutting boards SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can’t be washed off the bird. Cooking is the only way to destroy this potentially dangerous bacteria.

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

SO DON’T WASH YOUR TURKEY!!

Cook

Your bird is not safe until it reaches 165°F — you cannot tell by the color. Remember to ensure any stuffing cooked with the bird reaches 165°F, too!

Use three places to check the temperature.

Chill

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

DID YOU KNOW?

It’s safe to cook a frozen turkey though cooking time will be 50% longer!

FOR MORE INFORMATION:
Visit foodsafety.gov

USDA Ad Council

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PregunteleakKaren.gov for questions in Spanish.
Thanksgiving Fire Safety

Thanksgiving is the peak day for home cooking fires, followed by Christmas Day and Christmas Eve.

In 2015, U.S. fire departments responded to an estimated 1,760 home cooking fires on Thanksgiving, the peak day for such fires. Unattended cooking was by far the leading contributing factor in cooking fires and fire deaths. Cooking equipment was involved in almost half (48%) of all reported home fires and civilian and tied with heating equipment for the second leading cause of home fire deaths.

Source: NFPA's Fire Analysis & Research Division

Safety tips

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don’t trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.

Turkey Fryers

NFPA discourages the use of outdoor gas-fueled turkey fryers that immerse the turkey in hot oil.

NFPA continues to believe that turkey fryers that use cooking oil, as currently designed, are not suitable for safe use by even a well-informed and careful consumer. These turkey fryers use a substantial quantity of cooking oil at high temperatures and units currently available for home use pose a significant danger that hot oil will be released at some point during the cooking process. In addition, the burners that heat the oil can ignite spilled oil. The use of turkey fryers by consumers can lead to devastating burns, other injuries, and the destruction of property. NFPA urges those who prefer fried turkey to seek out professional establishments, such as grocery stores, specialty food retailers, and restaurants, for the preparation of the dish, or consider a new type of "oil-less" turkey fryer.

Check this out:

https://youtu.be/kjUynq0HXdQ
FLU PREVENTION

CDC recommends a three-step approach to fighting influenza (flu). The first and most important step is to get a flu vaccination each year. But if you get the flu, there are prescription antiviral drugs that can treat your illness. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women. Finally, everyday preventive actions may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu. This flyer contains information about everyday preventive actions.

How does the flu spread?

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Flu viruses also may spread when people touch something with flu virus on it and then touch their mouth, eyes, or nose. Many other viruses spread these ways too. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5–7 days after becoming sick. That means you may be able to spread the flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5–7 days.

What are everyday preventive actions?

• Try to avoid close contact with sick people.
• If you or your child gets sick with flu-like illness, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
• While sick, limit contact with others as much as possible to keep from infecting them.
• Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
• Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
• Avoid touching your eyes, nose and mouth. Germs spread this way.
• Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
• If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.
Best wishes to Eric Foertch on his new position as Director of EHS at LeMoyne College. Eric is leaving SUNY Oswego after 13 years as Director of EHS. It’s been great working with Eric and we will miss him!

Congratulations and best wishes to Carl Foul tz who will be retiring this month after 30+ years of service. Lee Hall won’t be the same without him! We will miss Carl, but we are happy for him and hope that he has many happy and healthy years ahead!

Ergonomic Assessment: Christine Body has been doing ergonomic assessments since 1996 and is available to do them here on campus. She can be reached at 312-2770 and would be happy to assist you with any questions or issues.

Have a safety issue or concern you’d like to report? Please contact a member of the Joint Labor Management Health and Safety Committee:

CSEA Members
Fred Matteson-Plumbing
Mark Sierson-Plumbing
Brian Bateman-BTC
Joe Scanlon-BTC
Mike Flack-Custodial
Donna Monette-Custodial
Melana Perkins-Custodial
Shirley McCarthy-Custodial
Dan Hoefer-Electrical
Jason Hrncirik-CHP
Roy Ayotte-CHP
Sharon Cromie-Secretary

Management Representatives
Eric Foertch-EHS
Mary DePentu-Maintenance and Operations
Christine Body-EHS

Congratulations to Mike Flack on his recent retirement!
For a chance to win a cool prize, complete the Word Search and send it via e-mail to lisa.drake@oswego.edu OR through Campus Mail: Lisa Drake, 110 Lee Hall. Make sure to put your name on it! The winner for October was Terri Pettie. Look for: Thanksgiving, Turkey, Temperature, Thermometer, Foodborne Illness, Pathogen, Cross Contamination, Refrigerate, Leftovers, Freezer, Cooking Fires, Unattended, Burns, Matches, Lighters, Smoke Alarms, Test Button, Turkey Fryers, Influenza, Vaccine, Viruses, Preventive, Germs, Wash Your Hands.

DUTCHISM FOR NOVEMBER
Friends
A warmth came over our meeting,
Talks of our past reheating,
Oh, what joy comes with our starting,
And sorrow upon our parting.