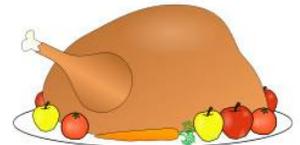


Food for Thought

November 2018

Turkey Tips

Safely storing, cooking, and serving your Thanksgiving turkey, will make your holiday celebration not only enjoyable, but safe for you and your family.



- Be sure to give your turkey enough time to thaw.** Turkeys can be safely thawed in two ways: in the refrigerator or in cold water. A 12-pound turkey can take at least three days in the refrigerator to thaw. Bigger turkeys will take longer. **Never thaw a turkey at room temperature.** You may also thaw a turkey by putting the plastic wrapped bird in cold water. Change the water every 30 minutes to make sure the water stays cold. Thawed turkey can remain in the refrigerator for one to two days.

Size of Turkey	Thawing Time in Refrigerator (40°F) <i>Approximately 24 hours per 5 pounds (whole turkey)</i>	Thawing Time in Cold Water <i>Approximately 30 minutes per pound (whole turkey)</i> (Change water every ½ hour)
8-12 pounds	2-3 days	4-6 hours
12-16 pounds	3-4 days	6-8 hours
16-20 pounds	4-5 days	8-10 hours
20-24 pounds	5-6 days	10-12 hours

- It is not recommended** to rinse your turkey as it can spread harmful bacteria in your kitchen due to the splatter. If you choose to rinse, clean your sink and the surrounding countertop with cleanser and sanitizer. Remember to remove the bag of giblets before cooking.

- Roast!** Place your turkey in a shallow roasting pan. Add one inch of water to the pan and cover with aluminum foil. Roast in 325°F oven. Add more water if needed while cooking.

- How long should I cook the turkey?**

Size of turkey	Cooking Time
8-12 pounds	2 ¾ - 3 hours
12-14 pounds	3 - 3 ¾ hours
14-18 pounds	3 ¾ - 4 ¼ hours
18-20 pounds	4 ¼ - 4 ½ hours
20-24 pounds	4 ½ - 5 hours

If you have questions about meat, poultry, or egg products, call the **USDA Meat and Poultry Hotline** toll free at **1-888-MPHotline (1-888-674-6854)**.



Note: These cooking times are for an unstuffed turkey. For best results and food safety, cook the turkey and stuffing separately.

- Never partially cook a turkey** and then refrigerate to finish cooking later. Bacteria can grow on the turkey and cause foodborne illness.
- Use a thermometer.** The temperature should reach a minimum of 165°F in the thigh before removing from the oven.
- Storing leftovers.** De-bone turkey and refrigerate all leftovers in shallow containers within two hours of cooking. Use leftover turkey and stuffing within three to four days, gravy within one to two days, or freeze food in dated containers. For best quality, use frozen stuffing, turkey or gravy within four months. Thoroughly reheat refrigerated or frozen leftovers to a temperature of 165°F. Bones can be refrigerated or frozen and used to make broth for soup.

November 2018

Eat Smart Idaho Class Schedule

Monday	Tuesday	Wednesday	Thursday
<p>Eat Smart Idaho offers FREE classes that can help limited resource individuals & families learn how to eat well for less!</p>			<p>1 <u>Healthy Holiday Leftovers Demo</u> @ Canvas Food Bank – 2200 N. 7th St. – CDA – 2:30 to 4:00</p>
<p>5</p>	<p>6 <u>Wellness Fair</u> @ Gritman Medical Center – 803 S. Main – Moscow, 3:00 to 6:00</p>	<p>7 <u>Plan: Know What’s for Dinner</u> @ Post Falls Food Bank – 415 E. 3rd Ave. – PF – 4:45 to 5:45</p>	<p>8 <u>Calcium Rich Foods Demo</u> @ Potlatch Food Bank – 510 Pine St. – Potlatch, 10:00 to 12:00</p>
<p>12 <u>Make Smart Drink Choices</u> @ Latah Recovery Center – 531 S. Main St, Ste. B – Moscow, 4:00 to 5:00</p>	<p>13</p>	<p>14 <u>Healthy Food Pantry Demo</u> @ Bonner Community Food Bank – 1707 Culvers Dr. – Sandpoint, 11:00 to 1:00</p> <p><u>Shop for Value: Check the Facts</u> @ Post Falls Food Bank – 415 E. 3rd Ave. – PF – 4:45 to 5:45</p> <p><u>Calcium Rich Foods Demo</u> @ Troy Food Bank – 106 E. 6th St. – Troy, 4:00 to 7:00</p>	<p>15 <u>Healthy Holiday Desserts Demo</u> @ Canvas Food Bank – 2200 N. 7th St. – CDA – 2:30 to 4:00</p>
<p>19 <u>Lakesgiving</u> @ Lakes Magnet Middle School - 930 N. 15th St. - CDA-6:00 to 8:00</p>	<p>20</p>	<p>21</p>	
<p>26</p>	<p>27</p>	<p>28 <u>Healthy Food Pantry Demo</u> @ Bonner Community Food Bank – 1707 Culvers Dr. – Sandpoint, 11:00 to 1:00</p>	<p>29 <u>Start Your Day Right: Eat Breakfast Demo</u> @ Canvas Food Bank – 2200 N. 7th St. – CDA – 2:30 to 4:00</p>

For Information on Eat Smart Idaho classes in your area, ask for the Nutrition Advisor in your county:

Kootenai, Benewah & Shoshone	446-1680
Bonner & Boundary	263-8511
Clearwater, Latah & Nez Perce	883-2267
Idaho or Lewis	983-2667



To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD
 Phone: 446-1680 E-mail – kalig@uidaho.edu Web: www.eatsmartidaho.org

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