



Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities



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PRESS RELEASE FOR LOCAL MEDIA

To: Local Media Outlets
From: Central Michigan District Health Department
RE: CMDHD Offering Holiday Food Safety Tips
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CMDHD is Offering Holiday Food Safety Tips

Keep your holidays tasty and healthy.

As the holiday season approaches, many of us are excited to share meals and celebrate with family and friends. Central Michigan District Health Department (CMDHD) wants to remind everyone of some important food safety tips to keep your holiday gatherings safe and healthy.

"As we gather with loved ones this holiday season, it's important to remember that food safety is essential to keeping our community healthy," said Steve King, CMDHD Environmental Health Director. "At CMDHD, our mission is to promote health and well-being in every corner of our community. By practicing safe food handling during the holidays, we can prevent foodborne illnesses and ensure that everyone enjoys a healthy, happy season."

First and foremost, hand hygiene is crucial. Before preparing or eating food, make sure to wash your hands thoroughly with soap and water for at least 20 seconds. Clean hands are the first step in preventing the spread of harmful bacteria.

When it comes to preparing meals, be mindful of cross-contamination. Keep raw meats, poultry, seafood, and eggs separate from ready-to-eat foods like salads or cooked dishes. Use separate cutting boards and utensils for raw and cooked foods, and never place cooked food back on a plate that held raw items.

Safe thawing is another key point. If you're defrosting a frozen turkey or other meat, remember to plan ahead. Thaw frozen foods in the refrigerator, not on the countertop, to keep them out of the temperature danger zone where bacteria can grow.

Please visit us online at www.cmdhd.org.

Cold storage is also vital. Keep your refrigerator at or below 40°F to ensure that perishable foods are stored safely. Leftovers should be refrigerated within two hours of cooking. When reheating, make sure food reaches an internal temperature of 165°F to kill any harmful bacteria.

If you're working with raw foods like eggs, be cautious. Eggs can carry Salmonella, so always cook them until both the yolk and white are firm. If a recipe calls for raw eggs, consider using pasteurized eggs or egg products.

Finally, remember your guests' dietary needs and allergies. Ask ahead of time if anyone has food allergies, and make sure to prepare and serve food that is safe for everyone. By following these food safety tips, you can help make sure your holiday celebrations are not only festive but also safe.

For more help with holiday food safety, visit <https://www.cdc.gov/foodsafety/prevention/food-safety-seasons-holidays.html>. Protect yourself and your loved ones by getting vaccinated for COVID-19 and influenza at least two weeks before a group event. Find a walk-in vaccination clinic or appointment at <https://www.cmdhd.org/countyimmunizations>.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. Visit our website at www.cmdhd.org and follow us on [Facebook](#) and [Instagram](#).

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