

Why Do Turkeys Take a Bath?

(NAPSA)—Before your holiday bird gets basted or stuffed, it also gets a bath to help protect against *Salmonella*, *Campylobacter* and other harmful bacteria. During processing, the U.S. Department of Agriculture requires that all poultry receive a disinfecting bath, and that equipment be cleaned with a chlorine solution.

The Centers for Disease Control and Prevention estimates that 76 million Americans get sick, more than 300,000 are hospitalized, and 5,000 people die from foodborne illnesses each year.

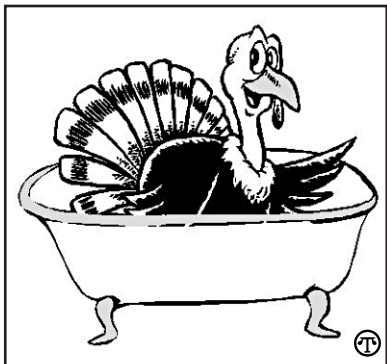
Although the food industry does a lot to ensure product safety, infectious germs can spread quickly if food is not prepared and stored safely after purchase. Proper handling and storage helps prevent foodborne illness that may produce mildly uncomfortable to deadly symptoms.

Here are some tips that can help you and your family enjoy happy and healthy meals during the holidays and all year long.

- Wash your hands before preparing food and between handling raw meat, poultry or fish. Use one cutting board for raw meats and another for produce or other foods.

- Wash fruits and vegetables—including pre-packaged salads and melons—under cool running water. Refrigerate cut produce promptly.

- Don't eat anything containing uncooked or unpasteurized eggs, such as raw dough or eggnog.



- Thoroughly cook meat to at least 160°F and poultry to 180°F to kill any bacteria present.

- Refrigerate leftover meat and other perishables within two hours after cooking and serving.

- Wash all food contact surfaces (e.g., cutting boards, knives and other utensils) with soap and hot water after each use.

- Sanitize cutting boards, countertops and cooking surfaces with a solution of one to three tablespoons liquid household chlorine bleach (plain, unscented) per gallon of water. Let stand two minutes, rinse and air dry.

- Soak sponges, dishcloths and towels in a stronger solution of three-fourths of a cup chlorine bleach per gallon of water. Soak for two minutes, rinse and air dry.

Keep these tips in mind as you celebrate the holiday season. After all, what's "good for the goose" is good for you, too.

For more information, please visit the Chlorine Chemistry Council® at www.c3.org.