

## Party Food

Lots of people, lots of food

Remember the following and keep everyone safe.

- \* ALWAYS WASH YOUR HANDS before handling food
- \* Keep food **cool** (below 5°C) or keep it **hot** (above 63°C)
- \* Put buffet foods back in the fridge as soon as possible (max 2 hours at room temperature)
- \* Keep food covered as much as possible
- \* Keep pets away from the food table
- \* Avoid foods containing raw eggs e.g. chocolate mousse
- \* Cover food with cling film or put in a container with lid before storing in the fridge
- \* If space is short in the fridge, keep drinks cold outside or in a bucket of cold water and make room in the fridge for perishable foods

**REMEMBER**

**COOK SAFE ... EAT SAFE**



For further information  
contact your local  
Environmental Health Office

Office	Tel No.
Bellwood Road, Aboyne	013398 87373
The Square, Banchory	01330 822878
5 Back Path, Banff	01261 813280
45 Bridge St, Ellon	01358 726435/6
1 Kirk Brae, Fraserburgh	01346 586323
25 Gordon St, Huntly	01466 794121
Gordon House, Inverurie	01467 620981
60 Broad St, Peterhead	01779 483254
High St, Turriff	01888 563417
Arduthie Rd, Stonehaven	01569 768232

**FOOD SAFETY TIPS FOR**

## Christmas and New Year



**COOK SAFE ... EAT SAFE**

## Talking Turkey

- \* Keep raw poultry and meats away from ready to eat foods
- \* Allow enough time for frozen turkey to completely thaw, preferably in a cool place (a large turkey can take a couple of days)
- \* Do not stuff the body cavity (it will be easier to cook thoroughly)
- \* Allow enough time for cooking. Guidance on cooking times can be found on the packaging or see general guidance below
- \* Check that the turkey is properly cooked - no pink meat at the thickest part and juices run clear
- \* Cool quickly after cooking, in less than 2 hours, then cover and store in a refrigerator or cool place (below 5°C)
- \* Keep cooked turkey away from raw meat
- \* Do not leave cooked turkey at room temperature for long periods of time e.g. on a buffet table
- \* Re-heat only once and make sure it's piping hot
- \* Use left-overs within a couple of days

### Cooking times for Turkey

At 180°C, 350°F or Gas Mark 4

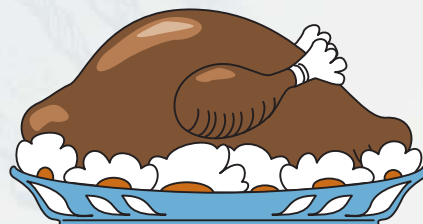
Under 4.5kg	45 mins per kg plus 20 mins
4.5kg - 6.5 kg	40 mins per kg
Over 6.5kg	35 mins per kg

## Hygiene at Christmas

Keeping everything clean at Christmas is still necessary to keep everyone safe

- \* ALWAYS WASH YOUR HANDS before handling food
- \* Do not allow anyone suffering sickness or diarrhoea to handle food for other people. Keep them away from the kitchen for 48 hours after the symptoms cease
- \* It is not necessary to wash the turkey before cooking but clean and disinfect any surface in contact with any raw meat
- \* **Always** wash your hands after handling raw meat
- \* Wash dishes, work surfaces and cutlery with hot water and anti-bacterial detergent, use a dishwasher
- \* Change the dishcloth daily. Bacteria grow in used dishcloths
- \* Use a clean tea towel to dry dishes or better still leave to air-dry and then put away promptly

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## Allergies

Some people experience allergic reactions to foods that are harmless to other people. For some people this reaction can be severe and even fatal.

The main foods involved are nuts and shellfish.

Most people who suffer from severe allergies know which foods to avoid.

If you are preparing food for others at Christmas, make sure you know all the ingredients.

You may need to check food labels for anyone with an allergy. Sometimes there are ingredients you don't expect hidden in sauces etc.

If you are not sure never guess - it could prove fatal.

### Food to watch out for:

- \* Marzipan
- \* Christmas cake and puddings
- \* Hummus
- \* Chocolates containing nuts or almond liqueur
- \* Some curries e.g. Korma
- \* Some sauces e.g. Satay
- \* Waldorf Salad
- \* Seafood sauces
- \* Salad dressings
- \* Cooking oils made from nuts
- \* Nuts and seeds used to decorate cakes, bread, trifle, ice cream etc.

If you think someone is having an allergic reaction, call 999 and ask for an ambulance straight away.