

## Cooking Tips for the Holidays

Thanksgiving is right around the corner, promising family, friends, food and football. Whether it's turkey or tofu, be careful when preparing your holiday meal. Cooking is the leading cause of home fires.



### Cook Safely

Don't leave food on the stove unattended. When you use the oven, use timers to remind you it is on. Make sure to keep flammable materials – food packaging, paper towels, oven mitts, etc. -- away from cooking sources.



### Prevent Food Poisoning

Use a food thermometer to make sure your food is cooked thoroughly. Store meat, chicken, seafood and eggs separately from other foods in your fridge. Keep cold food cold and hot food hot to prevent the growth of bacteria. Keep meats refrigerated until you're ready to cook and marinate your food in the fridge, not on the counter.



### Keep It Clean

Whenever you touch raw meat, wash your hands with soap and water. Keep your cooking area clean and clutter free, and wash cutting boards, counters, utensils and dishes after you prepare each dish.



### Fire Prevention

Have a fire extinguisher easily accessible in all places in your home. Familiarize yourself with the rating system and be sure everyone in your family knows how to use them correctly. Make sure you have smoke alarms, test them monthly and change batteries yearly or immediately when you hear them begin to chirp.



Do you have your emergency supply of water and food, and have taken other steps to prepare for emergencies?

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