



HOLIDAY COOKING SAFETY TIPS

The City of Arlington's Community Development & Planning's Health Division offers the following cooking tips to help you have a safe and healthy holiday season.

Check the "sell by" date before you purchase your holiday turkey. Do not purchase a package that:

- contains an unusual amount of liquid
- feels sticky
- has even the faintest peculiar odor

The turkey should be thawed completely before cooking. Thaw the turkey in its original packaging in the refrigerator. Place a cookie sheet under the turkey to ensure that liquids containing bacteria do not drip onto other foods. Allow one day of thawing time for every six pounds.

Stuffing may be prepared and then refrigerated for up to two days. Reheat the stuffing to 165° F before packing loosely in the turkey cavity. Roasting should begin immediately to avoid bacteria growth inside the cavity.

Cooking temperature of 325° F for 15 minutes per pound is usually suggested. However, time is not the best indicator of "doneness". A stem thermometer should be used to determine thorough cooking. Insert the stem into the turkey's thigh since this is the last part of the bird to become fully cooked. Temperature should be at least 165° F. Remove the stuffing immediately and test the temperature. Stuffing temperature should be at least 165° F.

Leftover turkey and stuffing must be refrigerated immediately. Reheat to at least 165° F before reserving. Discard leftover turkey and stuffing after four days.

Be sure to clean and sanitize all cutting boards, knives and other equipment before using for other food preparation.

USED COOKING OIL DISPOSAL

Did you fry a turkey for a Holiday Dinner? Wondering how to get rid of the used oil? We have an answer for you. The Environmental Collection Center at 6400 Bridge Street, 817-871-5227, in Fort Worth will take the oil free of charge, and any other additional

household hazardous waste. You will need proof of residence. Hours are Thursday and Friday 11 am to 7 p.m., Saturday 9 am to 3 p.m.

Please don't pour the oil down sinks inside your home, it will clog your pipes. Please don't pour the oil outside, it will harm the environment.

For further information, please contact the Community Development & Planning's Health Division at 817-459-6502.