



Is that Bird Safe?

Don't Duck Your Responsibilities!

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When we hear the word “poultry,” most of us think of chicken or turkey. But the term poultry can refer to any domesticated bird used as food. So it also includes duck, goose, Cornish hen, and pheasant.

Mishandling of any of these species during food preparation can lead to food-borne illness, but following a few simple steps can prevent these problems.



- Everyone knows the first tip: Wash your hands properly before preparing any food!
- Wash your hands after handling raw poultry and before doing any other task.
- Prevent cross-contamination by using separate cutting boards for raw poultry (and other meats) and for ready-to-eat foods like bread, salad, fruit, or vegetables that are not cooked or cooked minimally before being served. If you don't have separate cutting boards, wash the board thoroughly with hot soapy water after using it to cut raw poultry or other meat. You may sanitize your cutting board by rinsing it in a solution of one teaspoon of chlorine bleach to one quart of water.
- If you choose to stuff a bird, place the stuffing loosely in the cavity. Packing can prevent proper heat penetration, allowing bacteria to grow to an unsafe number.
- When you roast poultry, don't set the oven temperature lower than 325 degrees F.

- Cook all poultry to the internal temperature of 165 degrees F. Using an accurate food thermometer to test for doneness can help you have a safe product without overcooking it.
- What about before you start cooking? Keep all poultry cold at or below 40 degrees F and use within 1 or 2 days of purchase, or freeze at 0 degrees F. You can safely defrost poultry in the refrigerator, in cold running water or in the microwave, but never on the counter. After thawing in the microwave, complete roasting the bird until done, 165 f. Never *partially* roast the turkey.

For more details about safe poultry preparation, go to USDA's Food Safety and Inspection Service website at http://www.fsis.usda.gov/Fact_Sheets and click on *Poultry Preparation*. Or contact the contact the University of Wyoming Cooperative Extension Service nutrition and food safety educator serving your area.

Don't be a turkey - or play chicken - or duck your responsibilities when it comes to the health of your family and friends: Be food safe!

The Wyoming Food Safety Coalition (WFSC) is dedicated to preventing food borne illness. This collaborative program is sponsored by the University of Wyoming Cooperative Extension Service, Wyoming Beef Council, Department of Agriculture (WDA), Department of Health, Environmental Health Association, and Lodging and Restaurant Association. For information about food safety or the WFSC, please contact your local county Extension office, WDA Consumer Health Specialist, or City-County Health Department.

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