

Smart & Healthy Living

Don't Let Foodborne Illness Spoil Your Holiday Fun!

(NAPSA)—This holiday season when your kitchen kicks into high gear, make a conscious effort to protect your family and friends from cross-contamination. Hasty cooking shortcuts may lead to an unfortunate case of foodborne illness. The Georgia-Pacific Health Smart™ Institute has prepared the following tips to keep you and your loved ones healthy.



- Wash your hands before, during and after food preparation. Use Sparkle® paper towels to dry and throw away germs.

- Dishcloths and sponges harbor and spread germs. Protect your family by using paper towels to wipe countertops and tables. Remember: "Paper is Safer."

- Allow sufficient time to defrost your turkey in the refrigerator. Line the container with paper towels to prevent raw meat juices from dripping on other foods in your fridge.

- Do not cook stuffing inside the turkey. Temperatures inside the turkey may not reach adequate levels to eliminate the threat of cross-contamination from raw/undercooked poultry.

- When served buffet style, hot foods should be kept at 140° F or higher. Cold food should be stored on ice and served cold.

For free information on food safety, call toll free 1-877-GP-CLEAN or log on to www.gphealthsmart.com.