

Holiday Safety

General Safety Tips

Be careful with holiday candles

- Keep candles away from decorations or other combustible materials.
- Don't leave children unattended in a room with lit candles. Keep candles, matches and lighters out of the reach of children.
- Never display lighted candles in windows or near exits.

General Safety Tips

Deck the halls with safety in mind

- When decorating with lights, make sure they are certified by the Canadian Standards Association (CSA).
- If decorating an outside tree, use only those lights labeled for outdoor use.
- Don't overload electrical outlets, and always unplug all lights before leaving home or going to bed.

General Safety Tips

Prevent choking

- For children, small toys and special foods can be an incident waiting to happen.
- Ensure toys are appropriate for the age of the child, and won't create a danger for younger children in the household.
- Don't put out nuts or candies when young children are expected, and don't allow children to run around with food in their hands or mouth.
- Learn basic first aid, so you know how to help a choking victim.

General Safety Tips

Keep Christmas trees fresh

- Choose a fresh Christmas tree and secure it in a sturdy stand.
- Place the tree away from heat sources and exits and check water levels daily.
- If you purchase an artificial tree, be sure it is labeled as fire-retardant.

General Safety Tips

Prepare for holiday parties

- Decorate only with flame-retardant or noncombustible materials.
- If guests will be smoking, provide them with large, deep ashtrays and check them frequently.
- After the party, check under sofa cushions and in trash cans for cigarette butts that may be smoldering.

General Safety Tips

Designate a driver

- When attending a party, designate a non-drinking driver.
- If you are hosting a holiday gathering, be sure there are non-alcoholic beverages for guests who are driving and arrange for alternate transportation for guests who drink.

General Safety Tips

Inspect fireplaces and wood stoves

- Have your chimney connections and flues inspected by a professional and cleaned if necessary.
- Use a sturdy screen when burning fires.
- Burn only wood—never burn paper or pine boughs.
- If you plan to hang stockings on your fireplace, do not use the fireplace for fires.

General Safety Tips

Buckle up

- During the holiday season, more people are on streets and highways.
- Ensure that all passengers are wearing safety belts.
- Seat children in the back seat of the car and in approved safety seats if younger than eight years old (less than 60 pounds), or according to local law.

General Safety Tips

Enroll in a First Aid & CPR course

- Although these tips can help prevent an emergency, it is also important to be prepared should an emergency situation arise.
- To enroll in a first aid or CPR course, contact your local Canadian Red Cross

General Safety Tips

- If young children are going to be visiting over the holidays, make sure your house is safe for them by covering electrical outlets, barring stairwells and removing furniture and decorations that may be hazardous to children.
- Keep all cosmetics such as perfume, aftershave and nail polish remover, as well as all medications and household chemical products, out of the sight and reach of children and away from heat sources.

General Safety Tips

- Keep all lighters and matches out of the reach and sight of children.
- Decorations and candles that look or smell like food or candy should be kept out of children's reach. They may be attractive to a child, but may be poisonous or cause choking.
- Maintain smoke detectors in good working order.

Beware of Poisonous Holiday Plants

- **Poinsettia** plants aren't as poisonous to people and pets as was once believed. But poinsettias do have a mild irritant that can cause nausea, vomiting and diarrhea.
- **Holly**: This plant's bright red berries are highly toxic and can be fatal if ingested, even in small amounts.
- **Mistletoe**: The berries, leaves and stems of this plant are all poisonous, if ingested.
- **Jerusalem cherry**: The bright berries and all other parts of this plant are poisonous.
- **Bittersweet: Berries**: leaves and stems are all toxic.

Holiday Tree Safety

- Store tree in cool, sheltered place until ready to set up.
- Place tree in a stand that will hold 2 to 3 litres of water and top it up daily. If water drops below the end of the trunk, the stem may reseal itself, requiring a fresh cut.
- Keep tree away from all sources of heat including radiators, furnace ducts, television sets, fireplaces and windows with direct exposure to the sun.

Holiday Tree Safety

- Remove the tree within 10-14 days. After that amount of time in a heated building even the freshest tree will begin to dry out.
- Pick a tree with a strong green colour and noticeable fragrance.
- Ensure all electric lights and connections are in good working order.
- Turn off lights when leaving your home and retiring for the night.

Holiday Tree Safety

- Never use lighted candles on or near a Christmas tree.
- The best protection for a tree is moisture. Because of its' high moisture content, a fresh tree is naturally fire retardant and will remain so with a continuous supply of water.
- Install smoke alarms on every level of the home.
- Make sure your smoke alarms work.
- Review your "home fire escape plan" with everyone.

Holiday Tree Safety

If you use a real tree:

- Choose one that is fresh (needles are hard to pull off and do not break when bent).
- Add water daily. Trees can consume up to four litres of water a day.
- Store the tree in a cool, sheltered area until it is brought indoors for decorating.
- If it will be several days before it is brought indoors, store it outdoors or on a cool porch or patio.

Holiday Tree Safety

- Protect the tree from wind and sun to help it retain its moisture.
- Keep the tree secured in a sturdy tree stand.
- Place the tree away from traffic areas, doorways, heating vents, radiators, stoves, fireplaces and burning candles.
- Choose tinsel, artificial icicles and other trimmings made of plastic or non-leaded metals. Leaded materials are hazardous if ingested by children.
- Avoid trimmings that are sharp and breakable or have small removable parts if small children are around.

Holiday Lights Safety

- Use only lights that are certified by a recognized organization (CSA, ULC or cUL) to decorate your home.
- Use indoor lights for inside the home and outdoor lights for outside the home.
- Check all light bulbs before use. Replace broken or burnt out light bulbs with those recommended by the manufacturer.

Holiday Lights Safety

- Check light strings and extension cords. Discard any that are frayed or have exposed wires, loose connections, or broken light sockets.
- Never run electrical cords through doorways or under carpets.
- Do not overload electrical outlets. Use more than one outlet if the wattage of your lights is more than the outlet can handle.

Holiday Lights Safety

- Keep bubbling light bulbs away from children. They contain a hazardous chemical which may cause irritation or chemical burns if the bulb breaks and the chemical is released.
- Turn off all holiday lights before you go to bed or leave your home.

Holiday Fire Safety

Candles

- The use of candles is rapidly gaining popularity.
- Candle fires are also on the rise.
- Firefighters respond to an increasing number of blazes caused as a result of candles that are either unsafe or unattended.

Holiday Fire Safety

Candles

- In Alberta between 1990 and 1999, the number of candle fires increased by 100%, reaching a total of 723 fires with 10 fire deaths, 168 fire injuries and \$12.4 million in property damages.
- Because people are using candles more frequently, these figures are on the rise, especially during holidays and special occasions.

Holiday Fire Safety

Candles - General Information

- Candle fires generally don't happen when people use them to accompany a meal. That's because they are generally attended during mealtime.
- Candle fires do happen in places like bedrooms and bathrooms where people use them as mood enhancers.
- Unfortunately, people can fall asleep with a candle still burning or leave the room without snuffing out the flame. Candles should **NEVER** be left burning unattended!

Holiday Fire Safety

Candles - General Information

- Candle use in bedrooms is discouraged. Almost half of all candle fires start in the bedroom.
- If you must use candles in your bedroom, make sure they are not close to flammable articles such as bedding, curtains, blinds, piles of clothing, magazines and books or upholstered furniture.

Holiday Fire Safety

Candles - General Information

- A good rule of thumb to follow is to keep candles at least a meter from anything that can burn.
- Avoid putting candles anywhere near windows.
- Curtains might be blown into a candle flame. And a breeze can fan the flames if a fire should occur.

Holiday Fire Safety

Candles - General Information

- The design of candles can also increase the risk of fire and fire-related injuries.
- One example is candles with multiple wicks.
- Health Canada has tested this type of candle and with certain brands lighting all of the wicks at once can produce a single high flame, or a number of large flames close together.

Holiday Fire Safety

Candles - General Information

- The result is very intense heat that can ignite nearby materials, such as curtains or clothing.
- These candles can also melt rapidly, leaving a large pool of hot wax that can cause burns.

Holiday Fire Safety

Candles - General Information

- The materials used in and on the candles can also pose health hazards.
- For example, some candles have decorations made of paper and ribbons, and some have outer layers made of tree bark, paper or other non-wax coating.
- These materials are very flammable and may increase the risk of burns.

Holiday Fire Safety

Candles - General Information

- Some candles may also have wicks with a metallic core that may contain lead.
- When these wicks burn, they produce lead vapors and dust, which can be harmful, especially for children and pregnant women.

Holiday Fire Safety

Candles - General Information

- You can test candles you already own to see whether the wick contains lead by removing wax from the tip of the wick, separating the fibre strands from the wick to see if there is a metallic core, and rubbing this metallic core on a piece of white paper.
- If it leaves a gray mark on the paper, then the metallic core is probably lead.

Holiday Fire Safety

Candles - General Information

- Another example of a material that may be hazardous is the liquid fuel used in decorative oil lamps.
- These lamps are also called liquid paraffin candles. The fuel is usually a petroleum distillate, which is poisonous when swallowed.
- There have been at least eight incidents of Canadian children being poisoned by drinking this fuel directly from the lamps. In one case, the child died.

Holiday Fire Safety

Candles - General Information

- "Relight" candles are also hazardous.
- These candles can reignite spontaneously after the flame has been put out.
- The sale, advertising or importing of relight candles has been banned in Canada since 1977.

Holiday Fire Safety

Candles - How To Use Candles Safely

Check to make sure that your candle holders are appropriate.

- They should be sturdy.
- They shouldn't be tipped over easily.
- They must be made of a material that doesn't burn.
- They should be big enough to catch any dripping wax.
- They should not be placed amid clutter or near the edge of furniture where children might knock them over.
- Candle wicks should be clipped to a quarter inch before they are lit.

Holiday Fire Safety

Candles - How To Use Candles Safely

- Follow the instructions printed on the label by the manufacturer.
- Trim candle wicks to a height of 5-7 mm before lighting the candle. Trim them again every 2-3 hours to prevent high flames.
- Take extra care if you are burning candles with more than one wick. Avoid buying candles with multiple wicks that are close together.

Holiday Fire Safety

Candles - How To Use Candles Safely

- Use well ventilated candle holders that are sturdy and will not tip over. Avoid wooden or plastic holders, as these can catch fire. Use caution with glass candle holders. They can break when they get too hot.
- Never drop objects, such as matches, into candles.
- Keep burning candles away from materials that can catch fire (e.g., curtains, decorations, clothing).

Holiday Fire Safety

Candles - How To Use Candles Safely

- Keep burning candles away from the reach of children and pets.
- Do not leave candles burning with no one in the room.
- Extinguish all candles before you go to sleep.
- Do not burn candles that have lead in the wicks. When you buy candles, ask the retailer if the wicks contain lead.

Holiday Fire Safety

Candles - How To Use Candles Safely

- Avoid using decorative oil lamps with liquid fuel if you have children under the age of five in your household. If you choose to use this type of candle, keep the fuel locked away, out of sight and out of reach of children. If you suspect your child has swallowed liquid fuel, contact your nearest poison control centre immediately.
- Teach your children to be careful around open flames. Make sure they understand that candles are not toys, or something they can eat or drink.

Holiday Fire Safety

Fireplaces and Wood Stoves

- Always use a secure screen in front of your fireplace.
- Have the chimney cleaned at least once a year.
- Burn hardwood which will leave less creosote in the chimney.
- If using firelogs, follow the manufacturer's instructions.
Use only one log at a time.

Holiday Fire Safety

Fireplaces and Wood Stoves

- Make sure the fire is out before going to bed or before going out.
- Ensure that the chimney is drawing well so that wood smoke does not come into the room.
- Keep children away from gas fireplaces. When in use, the glass doors can become hot enough to cause serious burns.

Holiday Fire Safety

Wood Smoke

- Wood smoke contains a number of pollutants that can be harmful to your health.
- If you use a wood stove or fireplace in your home, there are steps you can take to minimize the risk of health effects for your family and neighbors.

Holiday Fire Safety

Pollutants in Wood Smoke

- **Particulate Matter:** This is the term for solid or liquid particles found in the air. They can be very small and can travel deep into your lungs, causing respiratory and heart problems.
- **Carbon Monoxide:** This is a colorless, odorless gas that is poisonous at high levels. It can interfere with the delivery of oxygen in the blood to the rest of your body.

Holiday Fire Safety

Pollutants in Wood Smoke

- **Volatile Organic Compounds:** These are a wide range of compounds that usually have no color, taste or smell. Some cause direct health effects, while others contribute to smog.
- **Polycyclic Aromatic Hydrocarbons:** These compounds are a health concern because of their potential to cause cancer.

Holiday Fire Safety

Wood Smoke - Minimizing Your Risk

- Use dry, clean wood that is properly seasoned. It should be cut, split and stacked in a covered area for about six months (including the summer months) before burning.
- Allow more ventilation when starting a fire, and close the dampers when the wood is well charred. This technique produces more heat, so you use less wood.
- Use smaller pieces of wood. They burn more efficiently so they are a better source of heat.

Holiday Fire Safety

Wood Smoke - Minimizing Your Risk

- Also, try to avoid burning wood on days when the air pollution level is high, and never burn wood that has been painted or chemically treated.
- On a related note, you should not bring wet or moldy wood into your home, as this may expose your family to molds and spores that can harm their health.
- People with respiratory conditions are thought to be especially sensitive to mold.

Holiday Toy & Gift Safety

Risks of Unsafe Toys

- Children under three years of age tend to put things in their mouths. Small toys, balls or toy parts pose choking hazards to young children.
- Toys with long or stretchy cords that can become wrapped around a child's neck present a strangulation hazard.
- Loud toys can damage a child's sensitive hearing.
- Sharp edges or points on a toy can cut a child

Holiday Toy & Gift Safety

Risks of Unsafe Toys

- Toy packaging such as plastic bags and plastic wrap, foam, tape or ties can suffocate or choke a child.
- Ride-on toys can tip and children on ride-on toys can move very quickly, running into objects or falling down stairs.
- Latex balloons have caused a number of deaths. The balloon or a piece of broken balloon can be inhaled and can block a child's airway.

Holiday Toy & Gift Safety

Buying Toys

- Read and follow the age label on the toy. Toys for older children may not be safe for younger children.
- Small toys, small balls or small loose toy parts should never be given to children under three years of age.
- Look for choking hazards on toys for children under three years of age.

Holiday Toy & Gift Safety

Buying Toys

- For instance, check squeeze toys for loose or removable squeakers; toy cars and trucks for loose or removable wheels or other small parts; and the eyes, nose and other small items on stuffed and plush toys to make sure they cannot be pulled off.
- Read and follow the warnings and other safety messages on toy packaging.
- Look for sturdy, well-made toys.

Holiday Toy & Gift Safety

Buying Toys

- Make sure that infant toys like rattles and teethingers are large enough that they won't get stuck in an infant's throat.
- Avoid toys with long or highly stretchable cords.
- Avoid loud toys. A toy that is loud for an adult is likely too loud for a child.
- Check that the toy does not have sharp points or edges.

Holiday Toy & Gift Safety

Buying Toys

- Avoid toys with cords that are long enough to wrap around a child's neck, especially stretchy cords - the cords could strangle a child
- Avoid loud toys - loud noise can damage a child's sensitive hearing - a toy that is loud for an adult is likely too loud for a child

Holiday Toy & Gift Safety

Buying Toys

- Choose ride-on toys that suit the child's age, size and abilities. Check that the toy will not tip when the child is using it, and that it is stable when weight is placed on any riding point.
- Examine home-made toys for all of the same hazards listed above.

Holiday Toy & Gift Safety

After Buying Toys

- Always supervise your children when they are playing and teach them how to use toys safely.
- Promptly remove and discard all toy packaging.
- Read and follow all safety and assembly instructions.
- Use ride-on toys far away from stairs, traffic, swimming pools and other dangerous areas. Remove hazards such as furniture, lamps, cords or appliances before play begins.

Holiday Toy & Gift Safety

After Buying Toys

- Teach older children to keep their toys and games out of reach of younger children.
- Store toys for older children separately from those for younger children.
- Check toys often for hazards like loose parts, broken pieces or sharp edges. Repair or discard any weak or broken toys.
- Use a toy box without a lid, or one with a lightweight lid that will not fall on a child. Make sure the box has large air holes for breathing, in case a child climbs inside.

Holiday Toy & Gift Safety

After Buying Toys

- Make sure batteries in toys are properly installed and not accessible to the child. Do not let children take battery-operated toys to bed.

Holiday Toy & Gift Safety

Cosmetics & Sleepwear

- Before using a cosmetic gift for the first time, rub a small amount on the back of your hand and leave it for a couple of hours. Redness or swelling may indicate that you have an allergy to the product and should not use it.
- Put cosmetic products away after opening them. Some cosmetics are toxic to young children.
- For fire safety, when buying sleepwear for children, be sure to choose items made of nylon, polyester, or snug-fitting cotton or cotton blend fabrics.

Safe Food For The Holidays

What is foodborne illness?

Food contaminated by bacteria, viruses and parasites can make you sick. Many people have had foodborne illness and not even known it. It's sometimes called food poisoning, and it can feel like the flu. Symptoms may include the following:

- stomach cramps
- nausea
- vomiting
- diarrhea
- fever

Safe Food For The Holidays

- Symptoms can start soon after eating contaminated food, but they can hit up to a month or more later. For some people, especially young children, the elderly, pregnant women and people with weakened immune systems, foodborne illness can be very dangerous.
- Health Canada estimates that there are as many as 13 million cases of foodborne illness in Canada every year. Most cases of foodborne illness can be prevented by using safe food handling practices and using a food thermometer to check that your food is cooked to a safe internal temperature!

Safe Food For The Holidays

- It's always important to keep foods out of the danger zone, which is between 4°C (40°F) and 60°C (140°F) to prevent the growth of harmful bacteria.
- To do this, just keep hot foods hot, at least 60°C (140°F) and keep cold foods cold at 4°C (40°F) or lower.

Safe Food For The Holidays

Preparing and serving holiday buffets

- Do not let foods linger during preparation, cook them thoroughly and serve them promptly.
- Keep hot foods hot with warming trays, chafing dishes or crock pots.
- Keep cold foods cold by placing serving dishes on crushed ice.
- Remember the "2-hour rule" especially when entertaining with a large meal or buffet. Don't let perishable foods linger for longer than two hours in the danger zone.

Safe Food For The Holidays

Preparing and serving holiday buffets

- Keep replacement dishes of food hot e.g. in the oven or a pot or cold e.g. in the refrigerator or a cooler during the buffet.
- Do not add new food to a serving dish that has been sitting at room temperature for more than two hours. Remember to change serving utensils as well.
- Provide serving spoons and tongs for every dish served. Even finger foods, such as cut vegetables, candies, chips/nachos and nuts, should have serving implements to prevent contamination between guests.

Safe Food For The Holidays

Traveling With Food

- Wrap hot food in foil and heavy towels, or carry in insulated containers to maintain a temperature of at least 60°C (140°F).
- Store cold foods in a cooler with ice/freezer packs to maintain the temperature at 4°C (40°F) or below. Full coolers keep their temperature better than partially full ones, so add extra insulation to take up unoccupied space. This will also prevent containers from sliding, falling over and leaking.

Safe Food For The Holidays

Traveling With Food

- Vegetables, herbs and other foods stored in oil (e.g. basil or other herbs in oil, garlic, mushrooms, sundried tomatoes, peppers in oil and also pesto or antipasto)
- Be sure to carefully store foods in oil to prevent harmful toxins that cause serious illness.

Safe Food For The Holidays

Traveling With Food

- Home-prepared products in oil can be made safely only by adding dehydrated ingredients to oil. These products can be kept at room temperature. Dehydrated ingredients include ingredients that are very dry and can be kept at room temperature without spoiling, e.g. dried herbs and spices, dry-packed sundried tomatoes, etc.



Safe Food For The Holidays

Traveling With Food

- If home-prepared products in oil are made using fresh or frozen ingredients, e.g. fresh basil, peppers, mushrooms or garlic, they should be kept refrigerated at all times and must be discarded after one week unless properly acidified. These products may be safely frozen for longer storage.
- Thaw frozen products in the refrigerator. After the products have thawed, they should be kept refrigerated at all times and must be discarded after one week unless refrozen.

Safe Food For The Holidays

Traveling With Food

- Consumers who purchase products made with fresh ingredients from fairs or farmer's markets or receive them as gifts should check that they were constantly refrigerated after they were prepared, and when they were prepared.
- Discard them if they are more than one week old.

Safe Food For The Holidays

Eggnog and other recipes with raw or lightly cooked eggs

- Be sure to handle and prepare these tasty treats safely.
- Commercial, ready-made eggnog is prepared using pasteurized eggs and does not require heating.
- Homemade eggnog may contain harmful bacteria if not prepared properly.
- Prepare homemade eggnog using pasteurized egg products, found in most grocery stores.

Safe Food For The Holidays

Eggnog and other recipes with raw or lightly cooked eggs

- If you choose to make eggnog with whole eggs, be sure to heat the egg-milk mixture to at least 71°C (160°F). Refrigerate promptly, once steaming stops, dividing large amounts into shallow containers so that it cools quickly.
- Precautions should also be taken with sauces, mousses, and any other recipes calling for raw or lightly-cooked eggs. Use pasteurized egg products, or bring egg-mixtures to a uniform temperature of 71°C (160°F).
- All of these foods must be stored in the refrigerator.

Safe Food For The Holidays

Cider

- Popular holiday beverages, such as unpasteurized apple cider and other drinks made from unpasteurized apple cider may pose a safety risk since they may contain harmful bacteria.
- Serve pasteurized ciders or bring unpasteurized cider to a rolling boil before serving. This is especially important when serving cider to children, the elderly, and people with weakened immune systems.

Safe Food For The Holidays

Buying a Turkey

- Check the "best before" date on fresh turkeys because it indicates the freshness of the turkey.
- If buying fresh turkey, purchase it no more than two days before cooking. It should be cold when bought and refrigeration maintained at 4°C (40F) or lower until preparation time.
- Frozen, well-wrapped turkeys can be kept in the freezer safely for up to one year.

Safe Food For The Holidays

Buying a Turkey

- At the grocery store, the turkey should be the last item selected before proceeding to the checkout to prevent cross-contamination and temperature abuse.
- Do not let the turkey or its juices come into contact with other items in the grocery cart.
- Put the turkey in a separate plastic bag at the bottom of the cart to avoid cross-contaminating other foods.

Safe Food For The Holidays

Thawing a Turkey

- Never thaw turkey at room temperature.
- Place the turkey in the refrigerator in a container or on a platter that will contain any possible leaking juices. Place on the bottom shelf of the refrigerator to prevent contaminating other foods in the refrigerator.
- Start thawing the frozen turkey in the refrigerator several days before roasting. Allow 24 hours of defrosting time for each 2.5 kg (5 pounds) of turkey (i.e., 5 hours/lb or 10 hours/kg).

Safe Food For The Holidays

Thawing a Turkey

- Turkey can be defrosted under cold running water, but it should be wrapped in leak proof plastic to prevent cross-contamination. Allow 1 hour of defrosting time for each kilogram (2.2 pounds) of turkey.
- Prepare and cook the turkey immediately after thawing is complete.

Safe Food For The Holidays

Preparing a Turkey

- Do not let any juices from the turkey come in contact with other food or food preparation surfaces or equipment.
- Thoroughly clean your hands, the counter and all utensils before and after preparing the turkey.
- Immediately after preparing the turkey, wash and sanitize the sink, counter tops, utensils and anything else that came in contact with the turkey or turkey juices with a mild bleach solution (5 ml/1 tsp. bleach per 750 ml/3 cups water). Rinse with clean water.
- For maximum safety, cook the stuffing outside the bird to prevent cross-contamination and undercooking. This will also speed-up cooking time.

Safe Food For The Holidays

Cooking a Turkey

- Never slow-cook turkey. Set the oven no lower than 177°C (350F) and use a food thermometer to check that the turkey reaches a minimum internal temperature of 85°C (185F).
- The stuffing should reach a minimum internal temperature of 74°C (165F).

Safe Food For The Holidays

Cooking a Turkey

- For whole turkey: near the end of the cooking time, remove the bird from heat and insert an instant-read thermometer into the thickest part of the breast or thigh meat, so the thermometer does not touch any bone.
- Follow the manufacturer's directions on the proper use of your specific food thermometer.

Safe Food For The Holidays

Cooking a Turkey

- If the proper temperature has been achieved, the food is safe to eat. If the food has not reached the proper temperature, continue cooking.
- Always wash the food thermometer and other utensils you used on raw or partially cooked foods before using them to check foods again.

Safe Food For The Holidays

Serving The Turkey

- Serve turkey and stuffing immediately after is it ready for eating which includes the rest time.
- Keep the rest of the turkey and stuffing hot at a minimum 60°C (140F) in the oven or chill it down to 4°C (40F) or less.
- Do not add new food to a serving dish that has been sitting at room temperature for more than two hours. Remember to change serving utensils as well.

Safe Food For The Holidays

Serving The Turkey

- If you choose to serve a pre-cooked, stuffed turkey which is purchased hot, be sure to keep the turkey at least 60°C (140F) or above and eat it within two hours of purchase for best quality.
- If you will be eating this turkey more than two hours after buying it, the stuffing should be removed and both it and the bird should be refrigerated to 4°C (40F) or lower as soon as possible after purchase. Reheat to 74°C (165F).

Safe Food For The Holidays

Storing Leftovers

- It's always important to keep foods out of the danger zone, which is between 4°C (40°F) and 60°C (140°F) to prevent the growth of harmful bacteria.
- To do this, just keep hot foods hot, at least 60°C (140°F) and keep cold foods cold at 4°C (40°F) or lower.

Safe Food For The Holidays

Storing Leftovers

- Food should not be left in the temperature danger zone for more than two hours. Chill and store leftovers properly within 2 hours of serving.
- Discard leftovers if the food has been sitting at room temperature for more than 2 hours.
- Before and after handling leftovers, wash your hands and sanitize all utensils, dishes and work surfaces with a mild bleach solution (5 ml/1 tsp. bleach per 750 ml/3 cups water).

Safe Food For The Holidays

Storing Leftovers

- Never remove a large pot of food (such as soup, stew, or pasta sauce) from the stove and place it directly in the refrigerator.
- Large masses of food can take hours or days to chill properly.
- A slow cooling process provides an ideal environment for the growth of harmful bacteria.

Safe Food For The Holidays

Storing Leftovers

- Refrigerate all leftovers promptly in uncovered, shallow containers so they cool quickly.
- Refrigerate once steaming stops and leave the lid or wrap loosely until the food is cooled to refrigeration temperature.
- Avoid overstocking the refrigerator to allow cool air to circulate freely.

Safe Food For The Holidays

Storing Leftovers

- Very hot items can be cooled at room temperature until they stop steaming, prior to being refrigerated.
- Frequent stirring accelerates the cooling at this stage.
- Food will cool faster in an uncovered, shallow container.
- Always put leftovers in clean containers and never mix them with fresh food.

Safe Food For The Holidays

Storing Leftovers

- An effective way to cool and store hot leftovers is to lay them flat in zipper-type plastic bags. Although the bags must be closed securely, food cools quickly due to the greater surface area exposed to the refrigerated air.
- Do not overcrowd your refrigerator. Leave airspace around containers to allow circulation of cold air. This will help ensure rapid, even cooling.

Safe Food For The Holidays

Storing Leftovers

- Eat leftovers within four days for best quality or freeze for later use.
- Date leftovers to help identify the contents and to ensure that they are not stored too long.

Safe Food For The Holidays

Reheating Leftovers

- Reheat solid leftovers to at least 74°C (165°F).
- Bring gravies, soups and sauces to a full, rolling boil and stir during the process.
- Follow the manufacturer's instructions when reheating commercially prepared foods in a microwave.
- Discard uneaten leftovers after they have been reheated.
- **NEVER** use your nose, eyes or taste buds to judge the safety of food.
- You cannot tell if a food may cause foodborne illness by its look, smell or taste.
- And remember: **"If in doubt, throw it out!"**

Safe Driving For The Holidays

Safeguarding Your Vehicle

- 'Tis' the season to shop 'til you drop, but there are a few important things for vehicle owners to keep in mind.
- Thousands of dollars of merchandise is stolen from vehicles every year.
- This does not include damage to vehicles, insurance costs or the personal costs to victims.
- By following these suggested recommendations, you can reduce your risk of becoming a victim.

Safe Driving For The Holidays

Safeguarding Your Vehicle

- Always close all windows and lock your vehicle whenever you leave your vehicle unattended. Park in well lit areas with pedestrian traffic.
- Never leave any valuables, including wallets/purses/cell phones and shopping bags, in your car.
- It is especially important to ensure that there is nothing of value visible through the windows.
- Remember, many vehicles also have trunk access from within the vehicle. So, when ever possible, take valuables out of the car when it is unattended.

Safe Driving For The Holidays

Safeguarding Your Vehicle

- Stereos are a prime target. Consider purchasing removable brackets that will allow you to remove these items when leaving your vehicle.
- Make sure you know the make, model and serial numbers of all stereo or technical equipment in your vehicle so that it can be provided to police in the event of a theft.
- When at home, keep your locked vehicle inside your locked garage. Better safe than sorry!
- It is important to report all suspicious persons in or around parked vehicles.

Safe Driving For The Holidays
Safeguarding Your Vehicle

As always

IF YOU WITNESS A CRIME IN PROGRESS

CALL 911

Safe Driving For The Holidays

Responsible Holiday Drinking

- Toasting friends with a glass of cheer over the holidays is a tradition for many Canadians.
- But drinking or serving too much can lead to health and other problems.

Safe Driving For The Holidays

Responsible Holiday Drinking

- Alcohol is a drug, a depressant that slows down your body's central nervous system.
- Depending on how much you drink, alcohol affects your concentration, speech, balance, vision, coordination and judgment.
- During the stress of the holiday season, the effects of alcohol can be heightened.

Safe Driving For The Holidays

Responsible Holiday Drinking

How much alcohol you can drink before feeling the effects depends on many factors:

- How much you usually drink
- How quickly you drink
- Your mood
- Your body size
- The amount you have eaten
- Your past experiences with drinking
- Your sex

Safe Driving For The Holidays

Responsible Holiday Drinking

Short Term Effects of Too Much Alcohol

- If you have too much to drink on any occasion, you can expect to experience the following:
 - Drowsiness
 - Dizziness
 - Loss of coordination skills
 - Inability to think and judge clearly
 - Inability to estimate distances and increased reaction times

Safe Driving For The Holidays

Responsible Holiday Drinking

- Of the estimated 3,000 deaths per year from motor vehicle crashes, approximately 40 per cent are attributed to alcohol.
- Heavy drinking can also lead to serious professional, family, financial and legal problems, any of which can affect your health.

Safe Driving For The Holidays

Responsible Holiday Drinking

Minimizing Your Risk

- Limit your consumption of alcohol. Space your drinks at least an hour apart.
- Eat something before drinking. Eating after you've started to drink doesn't help.
- Try alternating alcoholic and non-alcoholic drinks throughout the party to cut down on the amount you drink.

Safe Driving For The Holidays

Responsible Holiday Drinking

Minimizing Your Risk

- Drink only if you want to. Don't be pressured into accepting a drink.
- Don't drive. Take a taxi, public transportation, walk or decide who is to be designated driver before the party starts.

Safe Driving For The Holidays

Responsible Holiday Drinking

As a host

- Limit how much you drink yourself, so you can keep control of things.
- Before the party, ask someone to help you if problems arise.
- Provide alcohol-free drinks such as coffee, tea, pop, fruit punch and juice, along with the alcoholic drinks.

Safe Driving For The Holidays

Responsible Holiday Drinking

As a host

- Mix and serve drinks yourself or appoint someone responsible as bartender. Guests tend to drink more when they serve themselves.
- Serve food, but avoid salty, sweet or greasy foods because they make people more thirsty.
- Stop serving alcohol at least an hour before the party ends.
- Don't rely on coffee to sober guests up. It only makes them more alert, not sober.

Safe Driving For The Holidays

Responsible Holiday Drinking

As a host

- Encourage guests to name designated drivers, leave their cars at home, take taxis or public transport, or walk.
- Keep cash and taxi numbers at the ready.
- Be prepared for overnight guests by having blankets, sleeping bags and pillows on hand.
- Never serve alcohol to minors.

Safe Driving For The Holidays

Responsible Holiday Drinking

- As a friend, **NEVER** allow a person who has been drinking to get behind the wheel of a vehicle
- Should you be unable to stop a person from driving after drinking, **Call 911**. You may be saving the person's life or lives of other drivers & passengers.
- Reporting a drunk driving friend to the police is the best holiday gift you can give your friend - his/her life!

Safe Driving For The Holidays

Responsible Holiday Drinking

- **NEVER** get into a vehicle as a passenger should you know or suspect the driver has been drinking and will not give up the keys.
- Depending on the individual, as few as 2 drinks can make a driver dangerous on the road.
- Should you know or suspect the driver has been drinking and will not give up the keys, try to get any other passengers to leave the vehicle.

Safe Driving For The Holidays

Be Aware On The Road

- Unfortunately, the number of “drunk” drivers increases over the holiday period, putting themselves and other motorists at serious risk.
- When driving, use increased caution and awareness
- Drive the speed limit (slower if road conditions are slippery or if visibility is poor)
- The slower speed will allow you more reaction time should another driver swerve towards your vehicle

Safe Driving For The Holidays

Be Aware On The Road

- Watch oncoming traffic carefully to ensure you are prepared to respond should the oncoming vehicle start to enter your lane.
- Should you suspect a driver in another vehicle of being impaired, **have your passenger** take down information on the vehicle and contact the Police Service.
- **Do not try and write down information while you are driving.** This will take your attention off the road and could result in you being in an accident.

Safe Driving For The Holidays

Be Aware On The Road

- Be cautious at intersections, including traffic light controlled intersections. Ensure all vehicles at the red light have stopped before you proceed through the green light.