



Pounds of PREVENTION

Perdue's Guide to Safe Cooking
with Chicken and Turkey



“Trust” is defined as having complete confidence in someone’s integrity, ability and good character. With the Perdue family name comes not only a product consumers can truly trust, but also a rich history of quality, integrity and innovation.

From my grandfather, who founded Perdue, and from my father, I’ve learned to respect tradition and the importance of looking toward the future. I also value our heritage.

Our commitment to quality involves being a leader in food safety. We’ve invested millions of dollars in research and technology to have a farm-to-fork food safety program, creating a model for the rest of the industry to follow.

While we will continue to earn your trust every day, we also need your help in the area of food safety. The steps you take in purchasing, storing and preparing PERDUE® products are just as important to safeguarding the health of your family as the initiatives we practice on the farm and all the way to your shopping cart.

If you have any questions or comments about the food safety tips included in this booklet or are interested in learning more about Perdue Farms or our products, please call the toll-free number that you’ll find on every PERDUE® package, 1-800-4PERDUE® (1-800-473-7383), or simply visit www.perdue.com.® We’d love to hear from you.

Sincerely,



Jim Perdue
Chairman

YouCanTrustPerdue

We at Perdue Farms strive every day to earn your trust, and have since 1920. Perdue was the first company to implement many food safety practices that have given consumers the confidence to purchase our products for years.

Best Management Practices

The Perdue Farm-to-Fork Food Safety program is the industry’s most comprehensive food safety initiative. Food safety starts on the farm and carries all the way through to your kitchen table. Perdue was the first poultry company to develop guidelines aimed at reducing the food safety risk to consumers.



Above and Beyond HACCP Requirements

Perdue fully supports – and in fact, helped pilot test – the inspection system known as HACCP (Hazard Analysis and Critical Control Points), which is now required by USDA at all meat and poultry plants. Using this science-based approach, Perdue associates are trained to look for steps where food safety measures may be improved. Monitoring of facilities and product by the company microbiologists is a key part of our food safety program.

Also, all Perdue processing associates receive mandatory food safety training, which includes the Associate Food Safety Pledge, to make sure every PERDUE® product is safe, wholesome and of the highest quality possible.

Quality Policy

PERDUE® products must pass the 57 quality inspections required to earn the USDA Grade A seal, in addition to a further set of quality checks unique to Perdue. Perdue was the first to establish a competitive product lab where extensive testing is conducted in order to ensure we are exceeding government and industry standards.

Penned by Frank Perdue, our Quality Policy is the tradition upon which the company stands:

“We shall produce products and provide services at all times that meet or exceed the expectations of our customers. We shall not be content to be of equal quality to our competitors. Our commitment

is to be increasingly superior. Contribution to quality is a responsibility shared by everyone in the Perdue organization."

To fulfill this commitment to quality, Perdue has created 3 distinct resources for consumers.

■ **1-800-4PERDUE® (1-800-473-7383)**

In 1995, Perdue enhanced its consumer services to include a toll-free number, 1-800-4PERDUE®, on every product package. Staffed year-round by dedicated consumer affairs professionals, the Perdue hotline assists thousands of people with product related questions. Perdue Representatives are available to take calls Monday – Friday, 9:30 am to 6 pm EST. Extended hours are available during seasonal holidays.

■ **www.perdue.com™**

In 1998, Perdue created a consumer-oriented website that has a database of hundreds of well-tested recipes. Our website is a resource on safe handling tips, cooking methods, and the wide variety of PERDUE® products.

■ **Jim Perdue's Quality Seal & Money Back Guarantee**

On every product package you will find Jim Perdue's quality seal of approval. In addition, Perdue is proud to offer a money back guarantee on all products. Together, the seal and money back guarantee represents our confidence and personal commitment to providing wholesome products of the utmost quality for your family to enjoy.



At the Grocery Store

Food safety is everyone's responsibility, from our farm families to your family. Safe shopping and storing form the basis of any good meal, so take a look at the tips below before you make your next purchase.

- **Buy from a store you trust.** Responsible markets keep their stores and products fresh and clean, and the temperature in their refrigeration cases is carefully monitored.
- **Rely on trusted brands.** Make sure you choose a brand you know will be fresh, clean and flavorful.

- **If buying fresh poultry,** make sure the package is clean, cold, well-wrapped, sealed tight without rips or leaks, sold from a refrigerated poultry case and within the proper date.
- **If buying frozen poultry,** make sure it is also clean, packaged well and rock-solid to the touch.
- **Pick up fresh or frozen poultry toward the end of the shopping trip,** so it stays cold for as long as possible.
- **Bag poultry products separately** from unwrapped foods like fresh fruits and vegetables.
- **Refrigerate as soon as possible,** or within half an hour of buying.

Sell-by date

The sell-by date, marked on each of our ready-to-cook poultry packages at our facilities at the time of processing, is the last day on which you should purchase and prepare the product.

	If Purchased BEFORE the Sell-by Date	If Purchased ON the Sell-by Date	
PERDUE® fresh, uncooked products	Use or freeze the product within two days.	This is the last day on which you should purchase and prepare the product.	DO NOT PURCHASE AFTER THE SELL-BY DATE.

Use-by date

The use-by date, found on PERDUE® prepared, fully cooked products, is the last date you should purchase and serve the product. On PERDUE® Individually Frozen chicken, the use-by date indicates the last date products should be taken from the freezer and cooked.

	If Purchased BEFORE the Use-by Date	If Purchased ON the Use-by Date	
PERDUE® prepared, fully cooked products	Refrigerate unopened at 36° F. or lower until use-by date or freeze up to 6 months.	This is the last day you should purchase and serve.	DO NOT PURCHASE AFTER THE USE-BY DATE.
PERDUE® individually frozen chicken	Store in freezer or prepare up to the use-by date.	This is the last day products should be taken from the freezer and cooked.	DO NOT PURCHASE AFTER THE USE-BY DATE.

Guide to Storage

Use this guide to properly store PERDUE® products.

Refrigerated at 36° F. Frozen at 0° F.

Prepared and cooked products

Packaged breaded prepared nuggets,		
tenderloins and cutlets	until use-by date	3-6 months
Packaged SHORT CUTS®		
carved chicken breast	until use-by date	3-6 months
Packaged hot & spicy wings	until use-by date	3-6 months
Packaged chicken or turkey	2 weeks*	1-2 months
deli meats*		
Cooked chicken or turkey parts	3-4 days	4 months
Cooked chicken or turkey in broth		
or gravy	1-2 days	6 months
Cooked chicken or turkey burgers,		
sausage meatloaf or other mixtures	3-4 days	2-3 months

Fresh uncooked products

Whole chicken and turkey or parts,		
OVEN STUFFER® Roaster	1-2 days	9 months
Seasoned roasting chicken	1-2 days	6 months
Liver or other giblets	1-2 days	2-3 months
FIT 'N EASY® skinless &		
boneless chicken	1-2 days	9 months
Ground poultry, sausage, meatloaf	3-4 days	2-3 months

* Once opened, refrigerate 3-5 days or freeze 1-2 months.

In the freezer, foods should be packed tightly together, so each item helps keep the other one cold. In the refrigerator, however, pack foods loosely, allowing room for air to circulate.

- **Seal packages well.** Don't let packages leak: Seal them well, clearly identify them and mark them with a date before freezing.
- **Store poultry on the bottom shelf and in the back of the refrigerator to prevent any chance of leaking onto other foods.**



Defrosting

It's important never to thaw poultry on the counter, where bacteria can grow. Follow these tips on defrosting chicken and turkey safely.

- **Thaw poultry in the refrigerator.** It is safest to thaw poultry slowly in the refrigerator, not on the counter. A safe guideline to thaw allows 5 hours per pound. This means that an OVEN STUFFER® Roaster or small turkey may take 2 to 3 days; a large turkey may take up to 4 or 5 days. You can also immerse wrapped poultry in cold water, changing the water every half hour, or use the microwave, following the manufacturer's recommendations. Cook poultry the day it completely thaws.

Thawing Times

Refrigerator	Cold Water Immersion
For every 5 pounds, allow 24 hours in the refrigerator.	For every pound, allow a half-hour in cold water.
5 lbs 1 day	8 lbs 4 hrs
10 lbs 2 days	10 lbs 5 hrs
15 lbs 3 days	12 lbs 6 hrs

- **Protect raw poultry from other foods.** Though it is not advisable to unwrap a poultry package before you are ready to cook, it is a good idea to overwrap the package in plastic wrap, or place it on a plate, as it thaws – it will protect other foods in the refrigerator from any condensation or accidental spills.

Storage

Poultry is easy and versatile, and proper storage is important for keeping it fresh, flavorful and safe. Follow these tips on storing chicken and turkey.

- **Refrigerate or freeze poultry quickly after purchase.** Doing this

within a half hour is preferable, as cold from

the refrigerator or freezer slows the growth of dangerous bacteria. The “danger zone” is warm temperatures between 40° F. and 140° F.

- **Keep the freezer at 0° F. and the refrigerator at 36° F.** Use a thermometer to gauge, and check regularly to make sure temperature is consistent.

Recommended Temperatures

0° F. = freezer
36° F. = refrigerator

- **Take note of appearance, touch and smell.**
A chicken or turkey product should not be eaten if it appears gray, feels slimy, or smells sour.
When in doubt, always throw it out!
- **It's OK to go from freezer to oven.** It's fine to cook poultry without defrosting it first. Just increase cooking to about 1 ½ times the original recommended time.

Kitchen Preparations

Being neat and clean in the kitchen isn't just a matter of manners – it keeps foods safe. Follow these tips.

- **Keep it hot or cold, not warm.** It's important to put away chicken and turkey after buying, but also not to let poultry get warm for a long period of time as you're preparing it. Remove it from the refrigerator no sooner than you need to.
- **Use soap and hot water before and after handling.** Wash cutting boards, utensils, the sink, all work surfaces and hands in hot soapy water before and after handling raw meat.
- **Use clean cutting boards.** When choosing a cutting board, look for one with a hard surface that can be sanitized well between uses. Always replace it when signs of heavy usage are evident, such as deep knife grooves.
- **Wipe up spills with paper towels.** Use paper towels when wiping up juices from poultry, and then discard them.
- **Use clean sponges and dishcloths.** Wash sponges and dishcloths daily in hot water, preferably in the washing machine. Do not let those that have touched raw poultry or meat come in contact with other foods.
- **Don't cross-contaminate.** Don't let raw chicken and turkey come in contact with other foods – especially fruit and vegetables.
- **Do not rinse poultry.** It is not recommended to rinse raw poultry; in fact, cross-contamination is more likely to occur with rinsing.

Danger Zone
40° F. – 140° F.
Do not let raw poultry or meat sit at this temperature for more than 30 minutes.

Cooking

To cook poultry to its fully cooked and safe temperature, we recommend using a meat thermometer and following these tips.

Product	Baking/Roasting Instruction	Broiling Instruction
Chicken breasts, boneless & skinless	375°F. for 20-30 minutes	6-8 minutes/side
Chicken breasts, bone-in	350-375°F. for 30-40 minutes	10-15 minutes/side
Chicken drumsticks	350-375°F. for 35-45 minutes	8-12 minutes/side
Chicken thighs, boneless & skinless	375°F. for 30-35 minutes	10-12 minutes/side
Chicken thighs, bone-in	350-375°F. for 40-50 minutes	10-15 minutes/side
Ground chicken or turkey	In a loaf: 3½-5 pounds meat uncovered at 375°F. for 45-50 minutes	For burgers, 5-6 minutes/side

Visit www.perdue.com™ for a complete chart of cooking times and temperatures for different PERDUE® products. Below are cooking guidelines for a few popular items:

- **In the oven:** 325° F. is the lowest oven setting to safely cook poultry.
- **On the stovetop:** When sautéing poultry on the stove, make sure it is cooked all the way through. High heat browns the poultry nicely, but after this occurs, turn down the heat. Covering a pan helps the meat cook inside, too.
- **In the microwave:** In addition to other cooking methods, the microwave works well for chicken and turkey. Follow a recipe for temperature and setting, stirring or rotating to be sure there are no cold spots.
- **On the grill:** Grill chicken and turkey over medium-hot charcoal, or follow manufacturer's directions on a gas grill to avoid overcooking the outside, while undercooking the meat inside. (Coals are medium-hot when you can hold your hand over them comfortably for 3 to 4 seconds.)
- **Bring leftovers to a boil.** Bring soups, sauces and gravies to a boil before serving them again, and heat leftovers such as casseroles to 165° F.

- **Check for doneness.** Watch for these signs that indicate poultry is fully cooked:

1. Juices run clear.
2. The PERFECT ROAST™

Thermometer on the PERDUE® OVEN STUFFER® Roaster, Seasoned Roasting Chicken, Fresh Whole Turkey or Turkey Breast pops up, and a meat thermometer registers these temperatures:



Safe Temperatures to Ensure Doneness

- 180° F. = Whole Chicken, Turkey, Cornish
- 180° F. = Drums, Legs, Thighs, Boneless Thighs, Wings
- 170° F. = Breasts, Boneless Breasts
- 165° F. = Ground Chicken, Ground Turkey

Serving

When serving poultry, perhaps the most important thing to remember is not to leave it out unrefrigerated for longer than necessary – avoid reaching an internal temperature between the 40° F. to 140° F. danger zone.

- **Use a clean serving platter.** Serve cooked poultry using a clean platter and utensils.
- **Refrigerate cooked poultry within 2 hours.** Serve poultry as soon as possible, especially in warm weather. Refrigerate leftovers within two hours.
- **Divide leftovers.** Divide leftovers into small portions to speed chilling or freezing and later defrosting.
- **Be aware of food safety issues at picnics and potlucks.** Keep these occasions safe and fun by chilling cold picnic and tailgating foods first, and then carrying them in a cooler with plenty of ice. Pour hot dishes into a thermal container first warmed with hot water, and carry them in an insulated bag.
- **Use small dishes on a buffet.** When serving a crowd, serve smaller party dishes and refill from the refrigerator or a hot pot on the stove. This way the food stays hot for as long as possible – keeping it safe, and of course tasting better, too.

Top10FoodSafety Reminders

1. Buy from trusted sources.
2. Choose fresh or frozen chicken and turkey products that are clean, cold, well wrapped, sealed tight without rips or leaks, and sold from a refrigerated or freezer poultry case.
3. Refrigerate or freeze poultry quickly after purchase, if possible within half an hour.
4. Defrost chicken or turkey in the refrigerator, not on the counter, allowing a few hours to a full day depending on size.
5. Do not allow raw poultry or its juices to touch other foods.
6. Cook chicken and turkey thoroughly, using a meat thermometer to gauge doneness:

Safe Temperatures

- 180° F. = Whole Chicken, Turkey, Cornish
- 180° F. = Drums, Legs, Thighs, Boneless Thighs, Wings
- 170° F. = Breasts, Boneless Breasts
- 165° F. = Ground Chicken, Ground Turkey

7. Keep hot foods hot and cold foods cold. Keep hot foods at 140° F. or hotter; keep cold foods at 40° F. or colder.
8. Wash cutting boards, tools, the sink, all work surfaces and hands in hot soapy water before and after handling raw poultry.
9. Serve cooked poultry using a clean platter and utensils, never ones touched by raw meat.
10. Serve poultry as soon as possible and refrigerate leftovers within two hours.

If questions come to mind about one of our tips or our products, please call 1-800-4PERDUE® (1-800-473-7383) Monday – Friday, 9:30 am to 6 pm EST, and one of our consumer representatives will be happy to help you. Or, visit us at www.perdue.com.™

Always, when in doubt, throw it out...your safety is not worth the risk!

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