

## **Soundbite Script – Broadcast – Play it Smart with Holiday Eating**

**Nicole O’Neill, Clinical Dietitian, OSF HealthCare**

“Make sure you’re always washing your hands before you prepare. If you can get all of your guests to wash their hands before they join the buffet line that is an excellent way to keep everyone safe. Make sure your hot foods stay hot and your cold foods stay cold. There are lots of products out there that can help you do that. Make sure you have a great thermometer. One that you use through the entire process, and make sure you clean your thermometer between different foods so you don’t accidentally cross-contaminate.”

**Nicole O’Neill, Clinical Dietitian, OSF HealthCare**

“You don’t want to ever mix things. In your refrigerator all your meat should be on the bottom and away from everything else. Your fruits and vegetables should be separate too. You don’t ever want to mix raw and ready to eat things together because that’s an easy cross-contamination. It’s easy for bacteria to move back and forth.”

**Nicole O’Neill, Clinical Dietitian, OSF HealthCare**

“Make sure you cook your food properly to the right temperature; there are a lot of charts out there, or you can buy magnets to put on your fridge. Certain meats should be cooked to a certain temperature, which means you have to have a thermometer. There are many versions. Some you can leave in the meat or in the oven. As you cook – you pull the thermometer out and you’re good to go.”

**Nicole O’Neill, Clinical Dietitian, OSF HealthCare**

“Everyone needs to be super safe especially if you are going to have other people in your home. You have to, that’s all there is to it.”