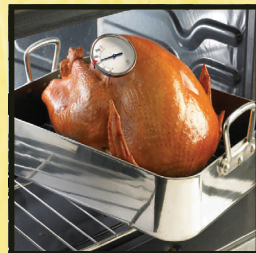


Meat And Poultry

Cooking Food To A Safe Temperature

Using a cooking thermometer is the only way to determine if your food is cooked completely and safely. Insertion of the cooking thermometer is also important. You want to be sure that you insert the thermometer properly so you can get a correct reading to determine if your food is done.

- **Poultry** – Insert the thermometer into the inner thigh area near the breast of the chicken or turkey but not touching the bone. For a boneless piece of poultry, insert the stem sideways into the thickest part, away from any fat or gristle.
- **Beef, Pork, Lamb, Veal, Ham, Roasts, Steaks, Or Chops** – Insert the thermometer, sideways if necessary, into the thickest part of the piece of meat, away from bone, fat, or gristle.
- **Ground Meat And Poultry** – Place the stem into the thickest part of ground meat or poultry dishes, such as meatloaf. The thermometer may be inserted sideways into thin items such as meat patties.
- **Casseroles And Egg Dishes** – The thermometer should be inserted into the thickest portion.



RECOMMENDED



SAFE INTERNAL COOKING AND STORAGE TEMPERATURES



Internal Cooking Temperatures

Storage Temperatures

165° F (74° C) All Poultry Products including Ground Chicken and Turkey, Stuffing, and Reheated Leftovers

160° F (71° C) Ground Meats (Beef, Pork, Veal, and Lamb), Eggs^a, Egg Dishes

145° F (63° C) All Whole Cuts of Meat^b (Beef, Pork, Veal, and Lamb), Fish

140° F (60° C) Reheat Pre-cooked Ham, Hold Hot Foods

140° F - 40° F Danger Zone

40° F (4.4° C)
to
32° F (0° C) Refrigerated Foods

0° F (-18° C) Frozen Foods

^a Or until both the yolks and whites are firm

^b Whole cuts of meat include steaks, roasts, and chops

^b All whole cuts of meat need to rest for three minutes before carving