



**DID YOU KNOW?**  
*One out of every four hamburgers turns brown before it has been cooked to a safe internal temperature.*  
 – USDA FSIS



## Cook to Safe Temperature

Cooking food safely is a matter of degrees! Foods are properly cooked when they reach a high enough internal temperature to kill the harmful bacteria that cause foodborne illness. How does your safe cooking know-how measure up?



**DID YOU KNOW?**  
**Thermy™** says, *“It’s safe to bite when the temperature is right!”*

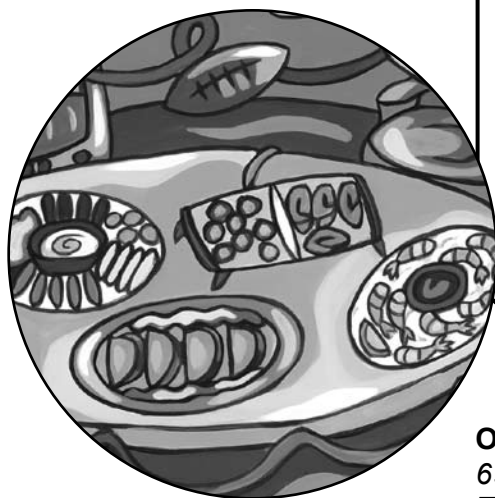
### Cook It Right...

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause illness as measured with a food thermometer. Refer to the Safe Cooking Temperatures on the next page.

### ...And Keep It Hot

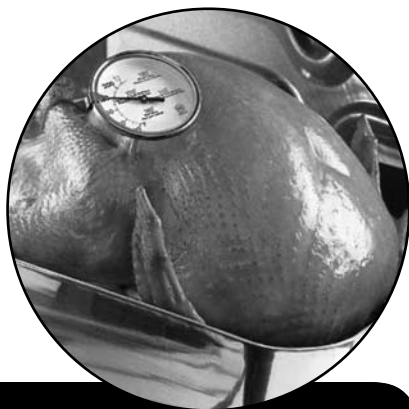
**When serving up hot food buffet-style, remember...**  
 On a buffet table, hot food should be kept at 140°F or higher. Keep food hot with chafing dishes, slow cookers and warming trays.

**When bringing hot soup, chili or crab dip to an outdoor party...**  
 Keep it all piping hot before and during serving. Transport hot foods in insulated thermal containers. Keep containers closed until serving time.



**OWN IT. USE IT.**  
*69% of Americans surveyed say they own a food thermometer. That is a 21% increase from 1998.*

– USDA & FDA survey data 2006



## Sizzling Cooking Tips

### Is It Done Yet?

Use a clean food thermometer to measure the internal temperature of food to make sure meat, poultry, egg dishes, casseroles, and other types of food are cooked all the way through.

### Microwave Musts

When cooking in a microwave oven, make sure there are no cold spots in food because bacteria can survive there. For best results, cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking. Observe stand times.

### Boil and Bubble

Bring sauces, soups and gravies to a boil when reheating.

## AT RISK POPULATIONS

*Foodborne illness can strike anyone. Some people are at higher risk for developing foodborne illness, including pregnant women, young children, older adults and people with weakened immune systems. For these people extra care should be taken to follow the four simple steps of clean, separate, cook and chill.*



- If you have questions or concerns about food safety, contact:
- The U.S. Department of Agriculture (USDA) Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854). TTY 1-800-256-7072.
- The Fight BAC!® Web site at [www.fightbac.org](http://www.fightbac.org).
- Gateway to Government Food Safety Information at [www.foodsafety.gov](http://www.foodsafety.gov).

The Partnership for Food Safety Education is a non-profit organization and creator and steward of the FightBAC!® consumer education program. The Partnership is dedicated to providing the public with science-based, actionable recommendations for the prevention of foodborne illness.

## SAFE COOKING TEMPERATURES

Internal temperature as measured with a food thermometer

### Ground Meat & Meat Mixtures

Beef, Pork, Veal, Lamb	160°F
Turkey, Chicken	165°F

### Fresh Beef, Veal, Lamb

Medium Rare	145°F
Medium	160°F
Well Done	170°F

### Poultry

Whole poultry and poultry parts	165°F
Stuffing (cooked alone or in bird)	165°F

### Fresh Pork

Medium	160°F
Well Done	170°F

### Ham

Fresh (raw)	160°F
Pre-cooked (to reheat)	140°F

### Eggs & Egg Dishes

Eggs	Cook until yolk & white are firm
Egg dishes	160°F

### Seafood

Fin Fish	145°F	or flesh is opaque & separates easily with fork
Shrimp, Lobster & Crabs	flesh pearly & opaque	
Clams, Oysters & Mussels	Shells open	during cooking
Scallops	milky white or opaque & firm	

<b>Leftovers &amp; Casseroles</b>	165°F
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