SAFE (INTERNAL) COOKING TEMPS

- POULTRY: chicken, turkey, game birds
- GROUND MEATS: beef, pork, lamb, turkey, chicken
- WILD GAME: deer, elk, bison, rabbit, boar
- EGGS and egg dishes
- PORK: ham, tenderloin, roasts, chops
- BEEF: and veal & lamb
- SEAFOOD: fish and shellfish
- LEFTOVERS: already cooked

- MINUTES: minimum length of time cooked meat should "rest" before consuming
- 2": how deep a meat thermometer should be placed in thickest part of food
- MAX: length of time cooked meat can be at room temperature

BACTERIA DANGER ZONE
41° - 139°

- 165°F
- 160°F
- 145°F
- 140°F

- 40°F: refrigerator temp
- 0°F: freezer temp

WASH MEAT, POULTRY, EGGS
THAW FOOD ON COUNTERTOP
COOL FOOD BEFORE FRIDGE

= hour  = minute

sources: fsis.usda.gov | foodsafety.gov