

SAFE (INTERNAL) COOKING TEMPS

3 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

Harmful germs can multiply extremely rapidly at room temperature. Thaw food safely in cold water, in the refrigerator or in the microwave.

THAW FOOD ON COUNTERTOP

Washing these foods can actually help bacteria spread, because their juices may splash onto (and contaminate) your sink and countertops.

WASH MEAT, POULTRY, EGGS

Illness-causing bacteria can grow quickly in perishable foods unless you refrigerate them immediately. Hot foods can go directly into fridge!

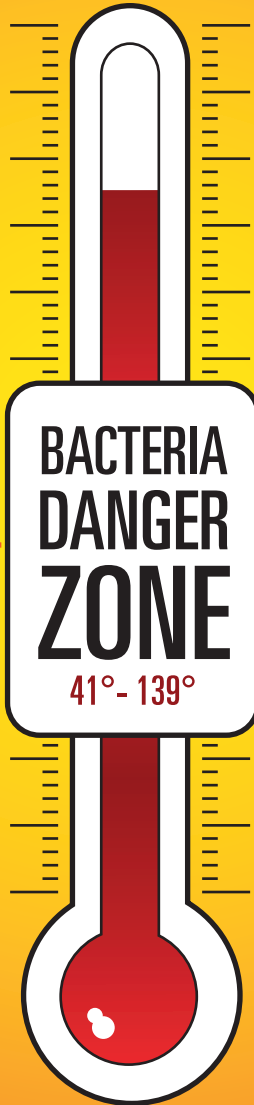
COOL FOOD BEFORE FRIDGE



= hour



= minute



165°F



POULTRY chicken, turkey, game birds

160°F



GROUND MEATS beef, pork, lamb, turkey, chicken

145°F



WILD GAME deer, elk, bison, rabbit, boar

140°F



EGGS and egg dishes



PORK ham, tenderloin, roasts, chops



BEEF and veal & lamb



SEAFOOD fish and shellfish



LEFTOVERS already cooked