



IS IT DONE YET?

Ground Meats: Beef, Pork, Veal, or Lamb	160°F
Steaks, Roasts, & Chops (Whole Cuts) Beef, Veal, or Lamb	145°F (Rest 3 minutes)
Ground Poultry: Turkey or Chicken	165°F
Poultry (Whole Cuts) Chicken & Turkey	165°F
Fresh pork	145°F (Rest 3 minutes)
Fresh ham (raw)	145°F (Rest 3 minutes)
Precooked ham (reheat)	140°F
Eggs	Firm yolk & white
Egg dishes	160°F
Fish —Thick Fish Steak	145°F
Fish —Thin Fish Filets	Flake easily with a fork.
Casseroles & Leftovers	165°F



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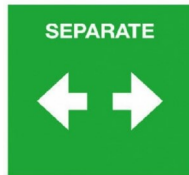
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Casseroles & Leftovers	165°F

4 Steps to Food Safety



Clean: Wash Hands & Surfaces Often

- Wash hands in hot soapy water for 20 seconds.
- Clean surfaces and utensils often.



Separate: Don't Cross-Contaminate

- Separate raw meat from other food in the refrigerator, in the store, and on counters.
- Put cooked food on a clean plate.
- Store raw meat, covered, in the refrigerator.



Cook: To the Right Temperature

- The only way to tell if food is safely cooked is to use a food thermometer. (See the other side for a detailed list of foods and temperatures.)
- You can't tell if food is safely cooked by checking its color and texture.



Chill: Refrigerate Promptly

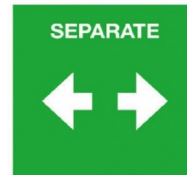
- Keep your refrigerator at 40°F or below.
- Refrigerate perishable food within 2 hours.
- Never thaw at room temperature. Thaw food in the refrigerator, or microwave just before cooking.

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