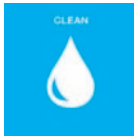


KEEP YOUR FAMILY SAFER FROM FOOD POISONING



Check your steps at FoodSafety.gov

SAFE MINIMUM INTERNAL TEMPERATURES

As measured with a food thermometer

Beef, pork, veal and lamb (roast, steaks and chops)

145 °F with a 3-minute “rest time” after removal from the heat source.

Ground Meats

160 °F

Poultry (whole, parts or ground)

165 °F

Eggs and egg dishes

160 °F Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny.

Leftovers

165 °F

Fin Fish

145 °F

Safe Cooking Guidelines

Shrimp, Lobster, Crabs

Flesh pearly and opaque

Clams, Oysters and Mussels

Shells open during cooking

Scallops

Milky white, opaque and firm



The U.S. Departments of Agriculture and Health and Human Services are equal opportunity providers and employers. June 2011

PLACE LOGO HERE