Did you know?

- Changes in meats’ color, texture, or consistency are not reliable food safety indicators.
- Why is the cooking temperature for ground meats higher than roasts or steaks?
- During the grinding process, there is a greater chance of introducing bacteria.
- The center of whole meats have not had bacteria introduced.

Placing a Thermometer:

- Insert stem dimple into the thickest part of the food.
- Do not touch fat, bone, or pan.
- Read when thermometer stabilizes.

Why should I use a food thermometer?

- Saves money and easy to do
- Improves the quality of food
- Avoid foodborne illnesses
- Determine if meat is safely cooked.

End Point Cooking Temperatures:

<table>
<thead>
<tr>
<th>Food</th>
<th>°F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, Veal, or Lamb</td>
<td>145</td>
</tr>
<tr>
<td>Ground Meat</td>
<td></td>
</tr>
<tr>
<td>beef, pork, veal, lamb</td>
<td>160</td>
</tr>
<tr>
<td>turkey, chicken</td>
<td>165</td>
</tr>
<tr>
<td>Injected/Tenderized/Marinated meats</td>
<td></td>
</tr>
<tr>
<td>Cubed steak, ham</td>
<td>160</td>
</tr>
<tr>
<td>Poultry</td>
<td>165</td>
</tr>
<tr>
<td>Pork</td>
<td>160</td>
</tr>
<tr>
<td>Eggs or Egg dishes</td>
<td></td>
</tr>
<tr>
<td>*all eggs cooked until yolk and whites are firm</td>
<td>160</td>
</tr>
</tbody>
</table>

Types of Food Thermometers:

- **Dial (Oven-Safe):**
  - Reads in 1 to 2 minutes
  - Place 2-2½ inches
  - Use in roasts, whole poultry, casseroles and soups

- **Digital (Instant Read):**
  - Reads in 10 seconds
  - Place at least ½ inch deep
  - Use in thin and thick foods

- **Dial (Instant-Read):**
  - Reads in 15-20 seconds
  - Place 2-2½ inches deep

- **Thermometer Fork:**
  - Reads in 2-10 seconds
  - Place ½ inch deep
  - Use in thin and thick foods

- **Pop-Up:**
  - Commonly used in turkeys, but not reliable
  - Check final temperature with another thermometer to ensure safety.

Source: *U.S. Dept. of Agriculture, Be Food Safe*