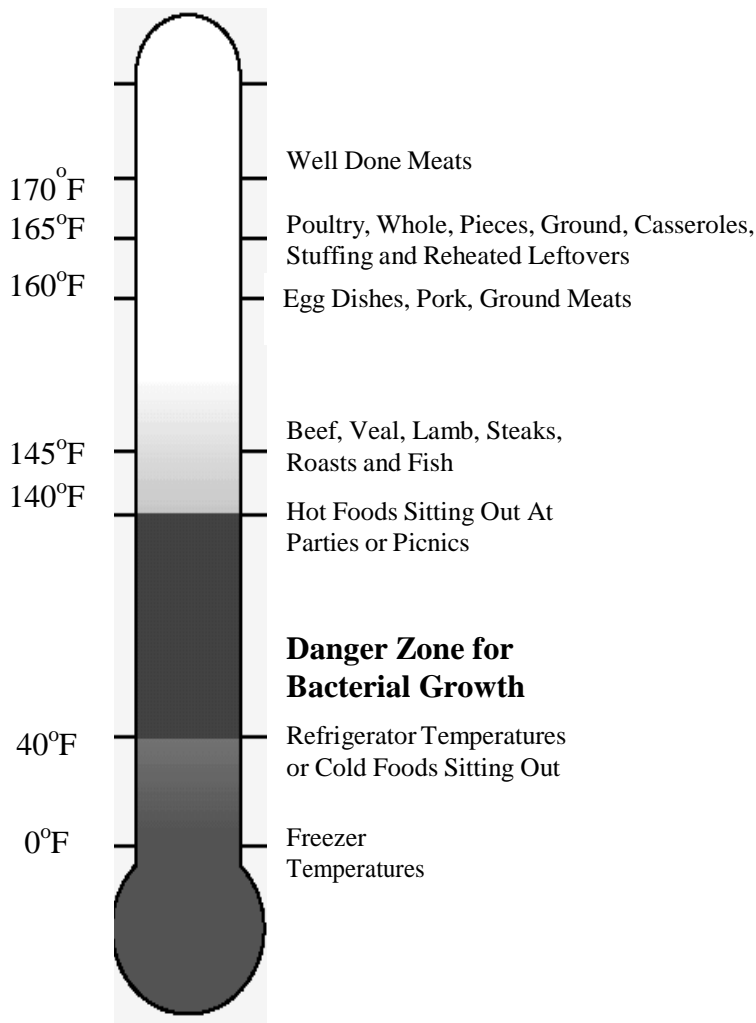


# Safely Cooked Meats

Is it **DONE** YET?

## Safe Cooking Temperatures



**Always Cook Foods To A Safe Temperature Before Eating**

### Ground Meat and Ground Poultry

- Put the thermometer into the thickest part of the food. For thin patties, insert it sideways.

### Beef, Pork, Lamb, Veal and Ham-Roasts, Steaks or Chops

- Put the thermometer into the thickest part.
- For thin pieces of meat insert it sideways.
- Keep it away from the bone, fat and gristle.
- Keep it from touching the pan.

### Poultry and Fish

- Put the thermometer into the thickest part. Do not touch the bone or any part of the pan.

### Stuffing

- To make stuffing in a dish: It is safest to cook stuffing this way. Mix the wet and dry ingredients and cook right away at 325°F for 30-40 minutes.
- To make stuffing in the chicken or turkey: Mix the wet and dry ingredients. Loosely stuff the bird and cook it right away. Check the temperature of the stuffing and make sure it is 165 °F.

### Casseroles and Egg Dishes

- Put the thermometer at a steep angle into the thickest part of the food.

### Re-heating Foods

- Re-heat foods all the way through. Soups and gravies should be re-heated to a rolling boil.

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