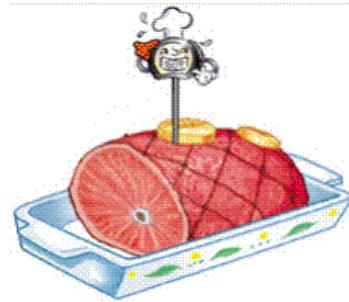


COOKING TEMPERATURES

USE A THERMOMETER TO CHECK INTERNAL COOKING TEMPERATURES!

Cook raw foods to this temperature or hotter:

- | | |
|---------------|--------|
| ✓ Eggs | 145° F |
| ✓ Fish | 145° F |
| ✓ Ground beef | 155° F |
| ✓ Pork | 145° F |
| ✓ Poultry | 165° F |



Remember! Reheat temperature is **165° F**; Hot holding temperature is **135° F**



Microwave Cooking:

- ✓ Cover and cook (stir or rotate) to 165°F or hotter - then let food stand (with cover on) for 2 minutes.

Use a Digital Thermometer:

- ✓ Digital thermometers display temperatures quickly and tend to be more accurate than dial thermometers.



NOTE: Remember to sanitize your thermometer – wiping down the stem with a clean alcohol swab works best and allows it to dry quickly!