

# Food Safety for Boomers and Beyond



## Food Cooking Temperatures and Thermometers

### 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

### Types of Food Thermometers<sup>1</sup>:

#### 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

### Did you know?

Changes in meats' color, texture, or consistency are not reliable food safety indicators

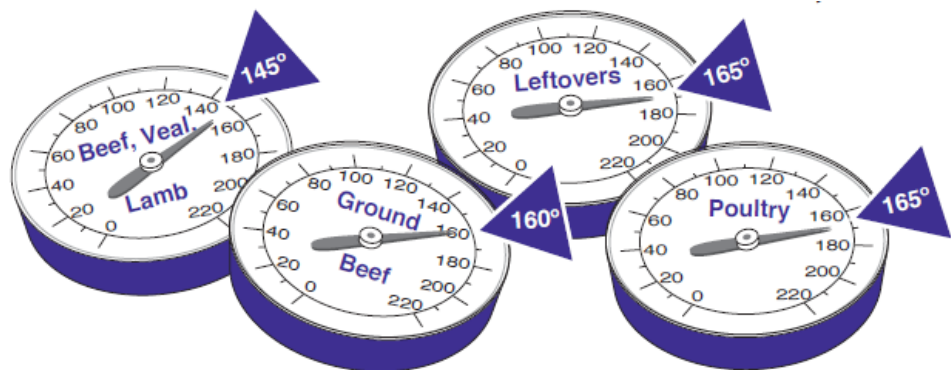
Why is the cooking temperature for ground meats higher than roasts or steaks?

During the grinding process, there is a greater chance of introducing bacteria

The center of whole meats have not had bacteria introduced

### End Point Cooking Temperatures<sup>1</sup>

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



Source: <sup>1</sup>U.S.Dept. of Agriculture, Be Food Safe

