Temperature Rules for Cooking Foods at Home (safe internal temps):

145°F  Beef, lamb & veal steaks and roasts, medium rare (medium - 160°F)
160°F  Ground beef, pork, veal and lamb
        Sausages and hotdogs
        Pork chops, ribs, roasts
        Fish and seafood
        Egg dishes
165°F  Ground turkey and chicken
        Stuffing and casseroles
        Reheated leftovers
165°F  Chicken and turkey breasts
165°F  Chicken and turkey whole bird
        Legs, thighs and wings

How you use your new thermometer:

- Remove the thermometer from the plastic sleeve.
- Place the metal stem 2 to 2 1/2" deep in thickest part of food with the pointed end first.
- Can be used in roasts, casseroles, and soups.
- Insert sideways into thin foods like burgers, steaks, or chops.
- Use to check the internal temperature of a food at, or near, the end of cooking time.
- Do not place the thermometer in food during cooking or grilling, the thermometer will melt.
- After checking the temperature, clean the metal stem only with soap and water, do not put the entire thermometer in water, dry and store in the plastic sleeve.

Use a food thermometer.
Keep your family safe.
Be a better cook.

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