

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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