

## Thank-you for cooking with us!

Use safe food handling practices at home:

- ✓ Wash hands before and during the cooking process
- ✓ Sanitize equipment and surfaces
- ✓ Use a calibrated thermometer



*How to calibrate a thermometer:*

### Ice Point Method

1. Fill a container with half ice and half cold water. Stir.
2. Put thermometer in the middle of container, careful not to touch the sides.
3. Let needle settle.
4. If it reads 0°C (32°F), it is calibrated. If it does not, adjust the thermometer dial to read 0°C (32°F).

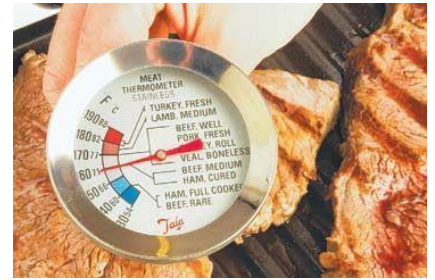
## TIPS to Keep Food Safe:






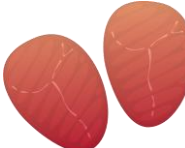
- Use a food grade thermometer to cook, cool and reheat foods to the proper temperature.
- Calibrate the thermometer often to ensure it reads correctly.
- *Keep hot foods HOT and cold foods COLD!* Cool leftovers quickly.
- Eat refrigerated leftovers within 2 to 3 days, or freeze them for later use. Be sure to date and label food before storing.
- Thaw frozen foods in the fridge, not on the counter. Defrosting food at room temperature allows bacteria to grow. This can cause food poisoning.
- Reheat foods only once. Reheat only what you plan to eat.

# Cooking and Reheating Temperatures

Insert a calibrated probe thermometer for at least 15 seconds to check the internal temperature of cooked and reheated hazardous foods.\*

\*Hazardous foods are foods that need to be kept hot or cold to keep them safe.



Product	Cook until internal temperature is	Reheat until internal temperature is
Whole poultry	82°C (180°F)	74°C (165°F)
 Cut and ground poultry and all parts of ground meats that contain poultry	74°C (165°F)	74°C (165°F)
 Food mixture containing poultry, egg, meat, fish or another hazardous food	74°C (165°F)	74°C (165°F)
	71°C (160°F)	71°C (160°F)
 Pork and pork products	71°C (160°F)	71°C (160°F)
 Ground meat, other than ground meat containing poultry	71°C (160°F)	71°C (160°F)
 Fish	70°C (158°F)	70°C (158°F)
 Beef, veal, and lamb medium-rare Medium Well-done	63°C (145°F)	63°C (145°F)
	71°C (160°F)	71°C (160°F)
	77°C (170°F)	77°C (170°F)