

How to Use a Meat Thermometer

A meat thermometer helps

- Prevent food borne illness
- Prevent over cooking

Measuring the Temperature

- Insert the thermometer when you feel the food is cooked. Do not cook the food with thermometer in it.
- If food is not fully cooked remove thermometer and clean thoroughly with warm soapy water before testing the temperature again. Do not wash the measurement dial.
- Clean thoroughly with warm soapy water after use. Do not wash the measurement dial.

Poultry:

- Minimum safe cooking temperature is 165 degrees
- If the chicken or turkey is stuffed, the stuffing temperature must reach 165 degrees.
- Insert into the meaty inner thigh area near the breast.
- Do not touch any bones with the thermometer

Beef, Pork, Ham, Lamb, Veal

- Minimum safe cooking temperature is 145 degrees
- Insert into thickest part of the meat
- Stay away from bone, fat and gristle

Ground Meats and Ground Poultry

- Minimum safe cooking temperature is 145 degrees
- Insert into thickest part of the meat
- If the meat is thin (like a hamburger), insert thermometer into the side of the item