

Food Safety for Boomers and Beyond

Placing a Thermometer:

- Insert stem dimple into the thickest part of the food
- Do not touch fat, bone, or pan
- Read when thermometer stabilizes

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

Food Cooking Temperatures and Thermometers

Why should I use a food thermometer?

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Saves money and easy to do



Improves the quality of food



Avoid foodborne illnesses



Determine if meat is safely cooked

End Point Cooking Temperatures ¹	
Food	°F
Beef, Veal, or Lamb	145
Ground Meat	
beef, pork, veal, lamb	160
turkey, chicken	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

Types of Food Thermometers¹:

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):

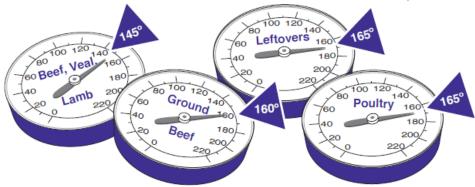
- Reads in 15-20 seconds
- Place 2-2½ inches deep

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



Source: 'U.S.Dept. of Agriculture, Be Food Safe



