

"Is it **done** yet?"

You can't tell by **looking**. Use a **food thermometer** to be sure.



"Is it *done* yet?"

You can't tell by **looking**. Use a **food thermometer** to be sure.

The Centers for Disease Control and Prevention estimate that every year about 76 million people in the United States become ill from harmful bacteria in food; of these, about 1,000 die. **Foodborne illness is preventable.** Cooking and reheating food to a safe minimum internal temperature kill potentially dangerous bacteria. You can prevent foodborne illness by using a food thermometer.

Ground beef: 160 °F

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Chicken breast: 165 °F

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Casseroles and stews: 165 °F

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Steak: 145 °F

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Safety: Chicken legs & thighs: 165 °F

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