Cook.

Even for experienced cooks, the improper heating and preparation of food means bacteria can survive.

be food safe.

cook
cook to safe temperature

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- **USE** a food thermometer— you can't tell food is cooked safely by how it looks.

- **FOOD** is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that causes illness.

- **REFER** to *www.befoodsafe.org* for temperature chart.

Chicken 165 °F
Ground Beef 160 °F
Pork 160 °F
Fish 145 °F
Steaks and Roast 145 °F
Egg dishes 160 °F