

Foods are fully cooked when they reach these internal temperatures:

CHICKEN & POULTRY (INCLUDING GROUND): 165° F (74°C)

LEFTOVERS: 165° F (74°C)

BURGERS & GROUND MEAT (EXCEPT POULTRY): 160° F (72°C)

FISH & SHELLFISH: 145° F (63°C)

WHOLE CUTS OF MEAT (INCLUDING PORK): 145° F (63°C)

Let rest 3 minutes before carving or serving

Is your food ready to eat?

Don't guess, use a meat

thermometer!

**Stop
Foodborne
Illness**