



CLEAN



SEPARATE



COOK



CHILL



United States Department of Agriculture
Food Safety and Inspection Service

Prepare With Care

USDA Meat & Poultry Hotline
1-888-MPHotline (1-888-674-6854)



Prepare With Care

Know how to prepare, handle, and store food safely to keep you and your family safe. Bacteria can grow on meat, poultry, seafood, eggs, and dairy products, as well as cut-up or cooked vegetables and fruits.

CLEAN: Wash hands and surfaces often

Wash your hands with warm, soapy water for 20 seconds before and after handling food. Wash your cutting boards, dishes, etc., with hot, soapy water after preparing each food item. Rinse fruits and vegetables with cold water before using. There is no need to wash or rinse meat or poultry.

SEPARATE: Don't cross-contaminate

Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing. Never place cooked food on a plate which previously held raw meat, poultry, or seafood.

COOK: Cook food to the right temperatures

Use a food thermometer to be sure!

CHILL: Refrigerate Promptly

Refrigerate or freeze perishables, prepared foods, and leftovers within 2 hours (1 hour if the temperature is above 90 °F).

Seeing Isn't Believing

Many people assume that if a hamburger is brown in the middle, it is done.

However, looking at the color and texture of food is not enough—you have to use a food thermometer to be sure!

According to USDA research, **1 out of every 4** hamburgers turns brown before it reaches a safe internal temperature.

The only safe way to know if meat, poultry, and egg dishes are "done" is to use a food thermometer.

When a hamburger is cooked to **160 °F**, it is both safe and delicious!



Fiesta Burgers

Makes 4 servings

- 1 ½ pounds ground beef
- ¼ cup onion, chopped
- 2 tablespoons red bell pepper, finely chopped
- 3 tablespoons picante sauce or salsa
- 2 teaspoons prepared Dijon-style mustard
- 1 tablespoon prepared horseradish (optional)
- salt and pepper to taste
- 4 sesame seed hamburger buns
- leaf lettuce and sliced tomatoes

Wash hands with soap and warm water for 20 seconds before handling the meat.

In a bowl, mix ground beef with onion, red pepper, picante sauce or salsa, mustard, horseradish (if desired), salt, and pepper.

Form into four burgers, about ¾ inch thick.

Wash hands with soap and warm water for 20 seconds after handling the meat.

Using clean utensils, place burgers on grill that has reached medium-high heat.

Check each burger with a food thermometer after approximately 10–15 minutes. Turn burgers as needed. **A hamburger is done when it reaches 160 °F.**

Clean the thermometer between uses with hot, soapy water.

Place burgers on buns and top with condiments and garnishes of choice.

After checking the final temperature, remember to clean the food thermometer with hot, soapy water.



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“Is it **done** yet?”

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



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AskKaren.gov
www.IsItDoneYet.gov

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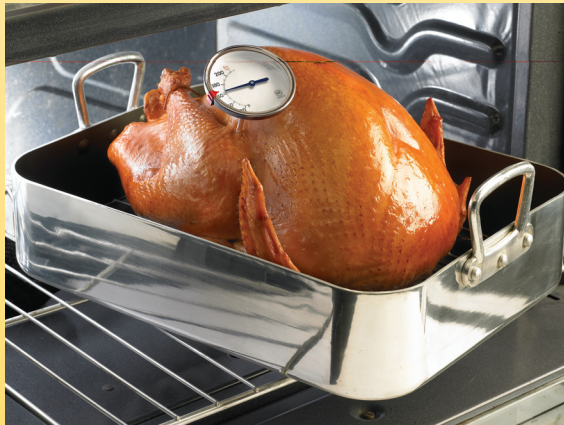
Slightly Revised May 2013

www.IsItDoneYet.gov



Thermometers Aren't Just for Large Cuts of Meat

These days, food thermometers aren't just for roasts and turkeys—they're for all cuts and sizes of meat and poultry, including hamburgers, chicken breasts, and pork chops. Using a food thermometer when cooking meat, poultry, and even egg dishes is the only reliable way to make sure you are preparing a safe and delicious meal for your family.



Did you know? The Centers for Disease Control and Prevention estimate that every year about 48 million people in the United States become ill from harmful bacteria in food; of these, about 3,000 die.

Why Use a Food Thermometer?

Everyone is at risk for food poisoning. One effective way to prevent illness is to use a food thermometer to check the internal temperature of meat, poultry, and egg dishes. Using a food thermometer not only keeps your family safe from harmful food bacteria, but it also helps you to **avoid overcooking**, giving you a safe and flavorful meal.

Some people may be at high risk for developing food poisoning. These include pregnant women and their unborn babies and newborns, young children, older adults, people with weakened immune systems, and individuals with certain chronic illnesses. These people should pay **extra** attention to handle food safely.

What Are the Signs of Foodborne Illness?

The signs and symptoms of foodborne illness range from upset stomach, diarrhea, fever, vomiting, abdominal cramps, and dehydration, to more severe illness—even death. Consumers can take simple measures to reduce their risk of foodborne illness, especially in the home.

"Is It Done Yet?" How To Use a Food Thermometer

1. Use an instant-read food thermometer to check the internal temperature toward the end of the cooking time, but before the food is expected to be "done."
2. The food thermometer should be placed in the thickest part of the food and should not be touching bone, fat, or gristle.
3. Compare your thermometer reading to the USDA Recommended Safe Minimum Internal Temperatures to determine if your food has reached a safe temperature.
4. Make sure to clean your food thermometer with hot, soapy water before and after each use!

Large-dial oven-safe or oven-probe thermometers may be used for the duration of cooking.

Because there are so many types of food thermometers, it is important to follow the instructions for your food thermometer.

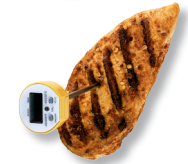


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USDA Recommended Safe Minimum Internal Temperatures



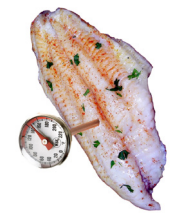
Turkey, Chicken, & Duck Whole, Pieces, & Ground **165 °F**



Egg Dishes **160 °F**



Ground Beef **160 °F**



Fish **145 °F**



Beef, Pork, Veal, Lamb Steaks, Roasts & Chops **145 °F** with a 3-minute rest time

For more information about types of food thermometers, go to www.IsItDoneYet.gov