



GRILLING ESSENTIAL: FOOD THERMOMETER

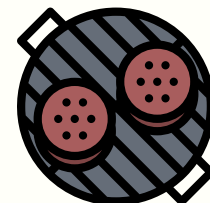
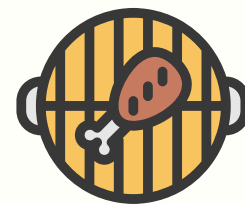
You cannot determine if food is fully cooked just by looking at it. The only way to make sure food has reached a safe minimum internal temperature is to use a **food thermometer**.

Tips for Using a Food Thermometer

- To ensure safety and prevent overcooking, check the internal temperature of the food toward the end of the cooking time.
- The food thermometer should be placed in the thickest part of the food and should not be touching bone, fat, or gristle. Check the temperature in several places to make sure the food is evenly heated.
- Clean your food thermometer with hot water and soap before and after each use!

Safe Minimum Internal Temps

- **Beef, veal, lamb, steaks and roasts:** **145°F** with a three-minute “rest time” after removal from the heat source
- **Ground meats:** **160°F**
- **Poultry (whole, parts or ground):** **165°F**
- **Plant-based protein:** **follow package instructions**



Get more safe grilling tips at www.fightbac.org.