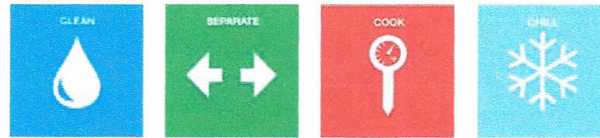


KEEP YOUR FAMILY SAFER FROM FOOD POISONING



Check your steps at FoodSafety.gov

| SAFE MINIMUM INTERNAL TEMPERATURES | |
|---|--|
| <i>As measured with a food thermometer</i> | |
| Beef, pork, veal and lamb (roast, steaks and chops) | 145 °F with a 3-minute “rest time” after removal from the heat source. |
| Ground Meats | 160 °F |
| Poultry (whole, parts or ground) | 165 °F |
| Eggs and egg dishes | 160 °F Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny. |
| Leftovers | 165 °F |
| Fin Fish | 145 °F |
| Safe Cooking Guidelines | |
| Shrimp, Lobster, Crabs | Flesh pearly and opaque |
| Clams, Oysters and Mussels | Shells open during cooking |
| Scallops | Milky white, opaque and firm |



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