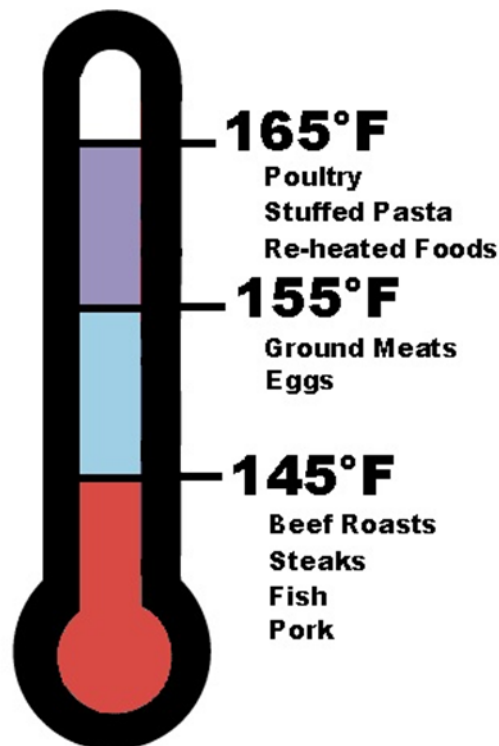




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SAFE COOKING TEMPERATURES

A **metal stemmed thermometer** can be used for all food (not just meat) to measure the internal temperature of your cooked foods. This assures that a safe temperature has been reached to destroy harmful bacteria.



WHERE TO PLACE THE THERMOMETER

Insert the thermometer into the center of the thickest part (away from the bone) of the meat. When cooking casseroles and egg dishes, place the thermometer into the thickest portion, making sure the thermometer does not touch the bottom of the pan.