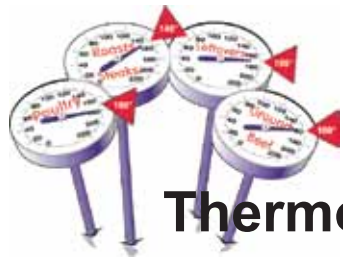


## KEEP FOOD SAFE



### Use a Food Thermometer

Using a food thermometer is the only way to make sure that your food has reached an internal temperature high enough to kill dangerous bacteria.

#### Why Use a Food Thermometer?

- 1) Check the internal temperature of foods
- 2) Help prevent foodborne illness
- 3) Cook foods to a safe temperature
- 4) Avoid overcooking

#### Tips for Using a Food Thermometer

- **Use a clean thermometer.**

After each use, wash the stem of the thermometer thoroughly in hot, soapy water to prevent cross-contamination.

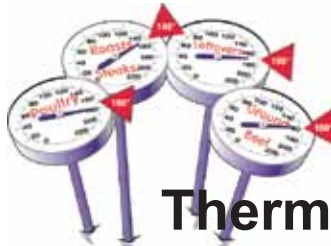
- **Cook food completely at one time.**

Do NOT partially cook food and then finish it later. Harmful bacteria will grow between the time you start and finish cooking, even if you refrigerate the food in between.

- **Place thermometer correctly.**

Insert thermometer into the thickest part of the food being measured. If the food is irregularly shaped, you may need to check the temp in several places.

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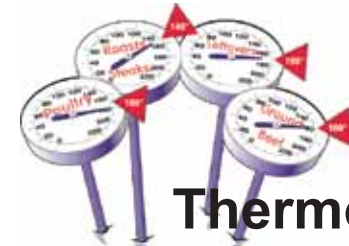
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- Follow thermometer style usage guidelines.

Always use a calibrated thermometer and one intended for use with food.

Instant-read thermometers aren't meant to be left in food while it's cooking. They give a quick reading when they're used to check the internal temperature during cooking and after food is cooked. Leave an instant-read thermometer inserted for about 15-20 seconds to register an accurate temperature.

Oven-proof thermometers are placed into food at the beginning of cooking and left in throughout the cooking period.

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