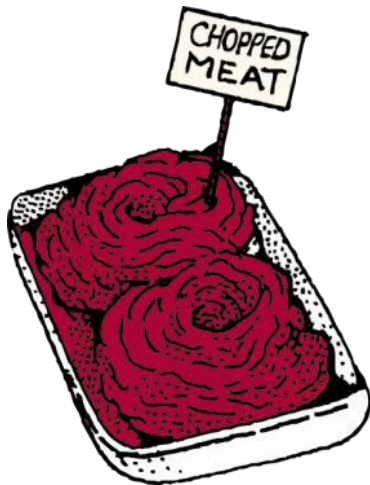


Failure to Cook These Foods Properly May Cause Foodborne Illness

The following foods have minimum cooking temperatures that must be met to assure foods do not contain illness-causing bacteria such as E. coli 0157:H7 and Salmonella. Cooking will kill these and other bacteria that cause illness and even death.

Heat Ground, Chopped, and Flaked Meats (Beef, Veal, Lamb and Pork) to a temperature of at least 157 degrees F or 155 degrees F for 15 seconds



For safety, most ground meat products should be cooked until it is brown in the middle, juices should not be pink, and the meat should be firm not mushy. Temperatures should be taken in the thickest part of the food. If cooking appears uneven, the temperature of the undercooked side should be taken.

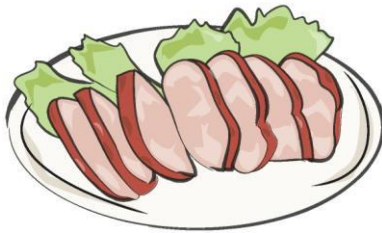
Ground meat ordered **Medium Well** should be cooked to at least 157 degrees F. Ground meats ordered **Well Done** should be cooked to at least 170 degrees F. This does fully cook meat patties, sausages, and chopped and formed meat products from USDA inspected food plants and only need to be heated as is necessary to meet customer expectations.

Cook Eggs and Foods Containing Raw Egg products to Internal Temperatures of at least 145 degrees F

This requirement does not apply to foods made with pasteurized eggs. Temperatures should be taken in the center of the egg-containing food. Cooked egg yolks and whites should be firm after cooking, not “runny”. After cooking, eggs must be held at or above 140 degrees F. Pooling raw eggs together is risky. Pooled eggs must be kept refrigerated until cooked to prevent bacteria from growing.



Cook Pork and Pork Products to an Internal Temperature of at least 155 degrees F



Pork ordered **medium** should be cooked to at least 155 degrees F. Pork ordered **well done** should be cooked to at least 170 degrees F. Temperatures should be taken at the thickest portion of the meat. Meat should be firm, not mushy. Juices should be clear, not pink. Some pork contains parasitic worms and harmful bacteria. Thorough cooking is effective in making pork and pork products safe. This requirement does not apply to fully cured ham or bacon, or USDA inspected fully cooked products (e.g. pork containing lunch meats, some sausages).

Cook the following to an internal temperature of 165 degrees F.

- *Poultry products:* chicken, turkey, goose, and duck
- *Chopped or Ground Poultry:* Stuffed Fish, Stuffed Meat, Stuffed Poultry
- *Foods Stuffed with Meat or Poultry*

Temperatures should be taken at the thickest portion of the carcass or part. Flesh should be tender, a fork going easily to the bone. Juices should run clear. Whole turkey measured at the leg should be at least 180°F. Whole turkey measured at the breast should be at least 165°F.

Add an additional 25°F when microwaving raw meat, eggs, and poultry.

When foods containing raw or incompletely cooked ground meat, eggs, pork, or poultry are cooked in a microwave oven, they must be heated to an internal temperature 25°F above the minimum temperatures required for these foods. To assure even heating, these foods must be

- Heated in a covered container
- Stirred or rotated frequently.

After microwaving, the food must stand in its covered container for at least two minutes before removal and serving to allow the entire food to complete heating.

Summary of Required Cooking Temperatures

Food Product	Required Internal Temperature	Internal Temperature When Microwaved
Beef, veal, lamb and pork which has been ground, chopped, or flaked	157°F or 155°F for 15 seconds	182°F 180°F
Eggs and foods containing raw eggs	145°F	170°F
Pork and pork products	155°F	180°F
Poultry (chicken, duck, goose, etc.) which has been chopped or ground, stuffed fish, stuffed meat, stuffed poultry and foods stuffed with meat or poultry.	165°F	190°F

*** If a customer orders any of the foods listed above not thoroughly cooked, the food is not required to be cooked to the internal temperatures listed above.**