

# Food Safety in meats and poultry



Use or freeze meats within 3 to 5 days of purchase, or before the “Sell By” date.

Store in the freezer or refrigerator within 2 hours of purchase.

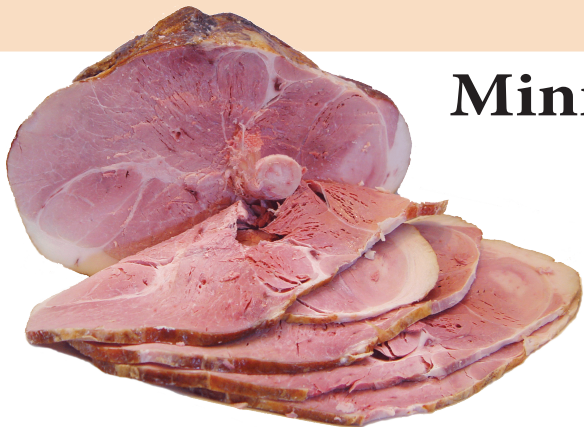


Thaw slowly in the refrigerator whenever possible. Additionally, thaw in a sealed bag in cold water, running cold water over the plastic bag.

Thaw in a refrigerator at 40°F for 24 hours per 4-5 pounds or in cold water for 30 minutes per pound.



## Minimum Cooking Temperatures:



Ground Beef: 160° F

Ground Chicken and Turkey: 165° F

Fresh Beef and Lamb: 145° F

Poultry: 165° F

Pork and Hams: 145° F

**You can't tell whether meat is safely cooked by looking at it. Any cooked meats can be pink, even when it has reached a safe internal temperature.**

After you remove meat from a grill, oven, or other heat source, allow it to rest for a specified amount of time.

This helps eliminate harmful germs.



A project of the American Meat Science Association

