Thermy™ is the messenger of a national consumer education campaign designed to promote the use of food thermometers, developed by the Food Safety and Inspection Service (FSIS), U.S. Department of Agriculture (USDA).

"IT'S SAFE TO BITE WHEN THE TEMPERATURE IS RIGHT!"

Food Safety and Inspection Service, USDA

Temperature Rules!

... for cooking foods at home.

Safe Minimum Internal Temperatures

145 °F Beef, lamb & veal steaks & roasts, medium rare (medium—160 °F)

160 °F Ground beef, pork, veal & lamb
Pork chops, ribs & roasts
Egg dishes

165 °F Ground chicken & turkey
Chicken & turkey—whole bird, breasts, legs, thighs & wings
Stuffing & casseroles
Leftovers

USDA Meat and Poultry Hotline
1-888-MPHotline (1-888-674-6854)
TTY: 1-800-256-7072
E-mail: mphotline.fsis@usda.gov

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