Use a food thermometer – you can’t tell food is cooked safely by how it looks.

Even for experienced cooks, the improper heating and preparation of food means bacteria can survive. Visit befoodsafety.gov for more information on the safe internal temperatures for cooking foods. The four easy lessons of Clean, Separate, Cook, and Chill can help prevent harmful bacteria from making your family sick.

To find out more about food safety, visit befoodsafety.gov
Questions? Click on Ask Karen or call 1-888-MPHotline.