SAFE COOKING TEMPERATURES

POULTRY
165°F/74°C
160°F/71°C
145°F/63°C
135°F/57°C

GROUND MEAT

BEEF
FISH

DANGER ZONE
This temperature range allows food-borne bacteria to grow

REFRIGERATOR SAFE TEMPERATURE
41°F/5°C

FREEZER SAFE TEMPERATURE
32°F/0°C

Cook meat to these minimum internal temperatures BEFORE removing it from the heat source

3 WAYS OF THAWING MEAT SAFELY

MICROWAVE
Microwave frozen meat until thawed all the way through. Then IMMEDIATELY cook after.

REFRIGERATOR
Place frozen meat on plate in the refrigerator for at least 24 hours. Thawed meat should remain safe for 3 - 5 days.

COLD WATER
Place frozen meat in leak-proof package or bag. Submerge it into COLD water. Change the water every 30 minutes until fully thawed.

NEVER thaw meat on your kitchen counter. It is UNSAFE and can lead to serious food-borne illnesses.

Learn more: uhds.link/safe-cooking