

We Know...

Food Safety



Is it done yet?

Using a thermometer is the only sure way to tell if meats and poultry are cooked to a safe temperature. A meat thermometer is different than a candy thermometer and is usually sold in hardware, kitchen and home supply stores or supermarkets for \$10 or less. More costly models might include a digital display.

When checking the doneness of a hamburger or other ground meat patty, insert the meat thermometer probe horizontally – from the outer edge toward the center of the patty – for the most accurate reading.

The U.S. Department of Agriculture recommends safe-to-eat cooked temperatures:

- Beef, veal or lamb steaks and chops – a minimum of 145 degrees F.
- Ground meat (beef, veal or lamb) – 160 degrees F.
- Fresh pork products, such as a hog roast – a minimum of 160 degrees F.
- All poultry – 165 degrees F.
- Hot dogs – 165 degrees F. (steaming hot)

Food Safety Tips for Tailgaters

Food safety mistakes can spoil any party. These tips will help keep the food at your event safe:

- Wash hands before and after handling raw or cooked foods, before and after eating, after using the restroom, and any time eating or food preparation is interrupted.
- Keep hot foods hot (above 140 degrees F.) and cold foods cold (below 40 degrees F.) to prevent bacterial growth.
- Use a separate cooler for beverages to minimize opening and closing coolers with food.
- Use separate pans and plates for raw and cooked foods to prevent cross-contamination.
- Place the picnic table out of the sun, and don't remove foods from the grill or cooler until it's time to eat. Return perishable foods to coolers after eating or after two hours at room temperature (one hour in temperatures of 90 degrees F. or above).
- Wash all fresh fruits and vegetables with cold running water before preparing and eating. Use a vegetable brush when necessary to help remove soil.
- When in doubt, throw it out.

For more information on food safety, contact your local K-State Research and Extension office or visit us online at www.oznet.ksu.edu/WeKnow



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