USE A MEAT THERMOMETER FOR GREAT FOOD COOKED SAFELY EACH TIME



PLACE the food thermometer in the thickest part of the food, as close to the centre as possible and it should not touch bone, fat, or gristle.

START checking the temperature toward the end of cooking, but before you expect it to be done.

WASH the stem of your food thermometer before and after each use.



The Food Safety Information Council is Australia's leading disseminator of consumer-targeted food safety information and a health promotion charity. For more information see www.foodsafety.asn.au