

Using Your Thermometer





Food safety at your fingertips

Know the internal temperature for great food, cooked safely everytime

- ✓ **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



Safe cooking temperatures:

75°C	Sausages Mince Poultry Liver Rolled roasts Reheated food	72°C	Eggs Egg dishes
			*Until white is firm and yolk thickens