Cook.

Even for experienced cooks, the improper heating and preparation of food means bacteria can survive.

be food safe.

cook
cook to safe temperature

simcoe muskoka
DISTRICT HEALTH UNIT

- **USE** a food thermometer – you can't tell if food is cooked safely by how it looks.

- **FOOD** is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause illness.

- **REFER** to *www.befoodsafe.ca* for temperature chart.

  Chicken Parts - 74°C (165°F)
  Ground Beef - 71°C (160°F)
  Pork - 71°C (160°F)
  Fish - 70°C (158°F)
  Steaks and Roasts - (medium-rare) 63°C (145°F)

Canadian Partnership for Consumer Food Safety Education