

Be a BAC Fighter

Although an invisible enemy may be in your kitchen, you have four powerful tools to *Fight BAC!*[®] washing hands and surfaces often, avoiding cross-contamination, cooking to proper temperatures, and refrigerating promptly. So, be a BAC Fighter and make the meals and snacks from your kitchen as safe as possible.



For More Information About Safe Food Handling and Preparation

USDA's Meat and Poultry Hotline
1-800-535-4555

FDA's Food Information and Seafood Hotline
1-800-332-4010

Partnership for Food Safety Education Web Site
www.fightbac.org

Or contact your local cooperative extension office.

Apply the Heat ...and *Fight BAC!*[™]

Cooking food to the proper temperature kills harmful bacteria. So *Fight BAC!*[®] by thoroughly cooking your food as follows:

| Raw Food | Internal Temperature |
|-----------------|-----------------------------|
|-----------------|-----------------------------|

Ground Products

| | |
|------------------------|-------|
| Hamburger | 160°F |
| Beef, veal, lamb, pork | 160°F |
| Chicken, turkey | 165°F |

Beef, Veal, Lamb

| | |
|--------------------|-------|
| Roasts & Steaks | |
| <i>medium-rare</i> | 145°F |
| <i>medium</i> | 160°F |
| <i>well-done</i> | 170°F |

Pork

| | |
|---------------------|-------|
| Chops, roasts, ribs | |
| <i>medium</i> | 160°F |
| <i>well-done</i> | 170°F |
| Ham, fresh | 160°F |
| Sausage, fresh | 160°F |

Poultry

| | |
|-------------------------------------|-------|
| Chicken, whole & pieces | 180°F |
| Duck | 180°F |
| Turkey (<i>unstuffed</i>) | 180°F |
| <i>Whole</i> | 180°F |
| <i>Breast</i> | 170°F |
| <i>Dark meat</i> | 180°F |
| <i>Stuffing (cooked separately)</i> | 165°F |

Eggs

| | |
|------------------|----------------------------------|
| Fried, poached | <i>Yolk & white are firm</i> |
| Casseroles | 160°F |
| Sauces, custards | 160°F |

This chart has been adapted for home use and is consistent with consumer guidelines from the U.S. Department of Agriculture (USDA) and U.S. Food & Drug Administration (FDA).



Fight BAC![®]



Four Simple Steps to Food Safety

