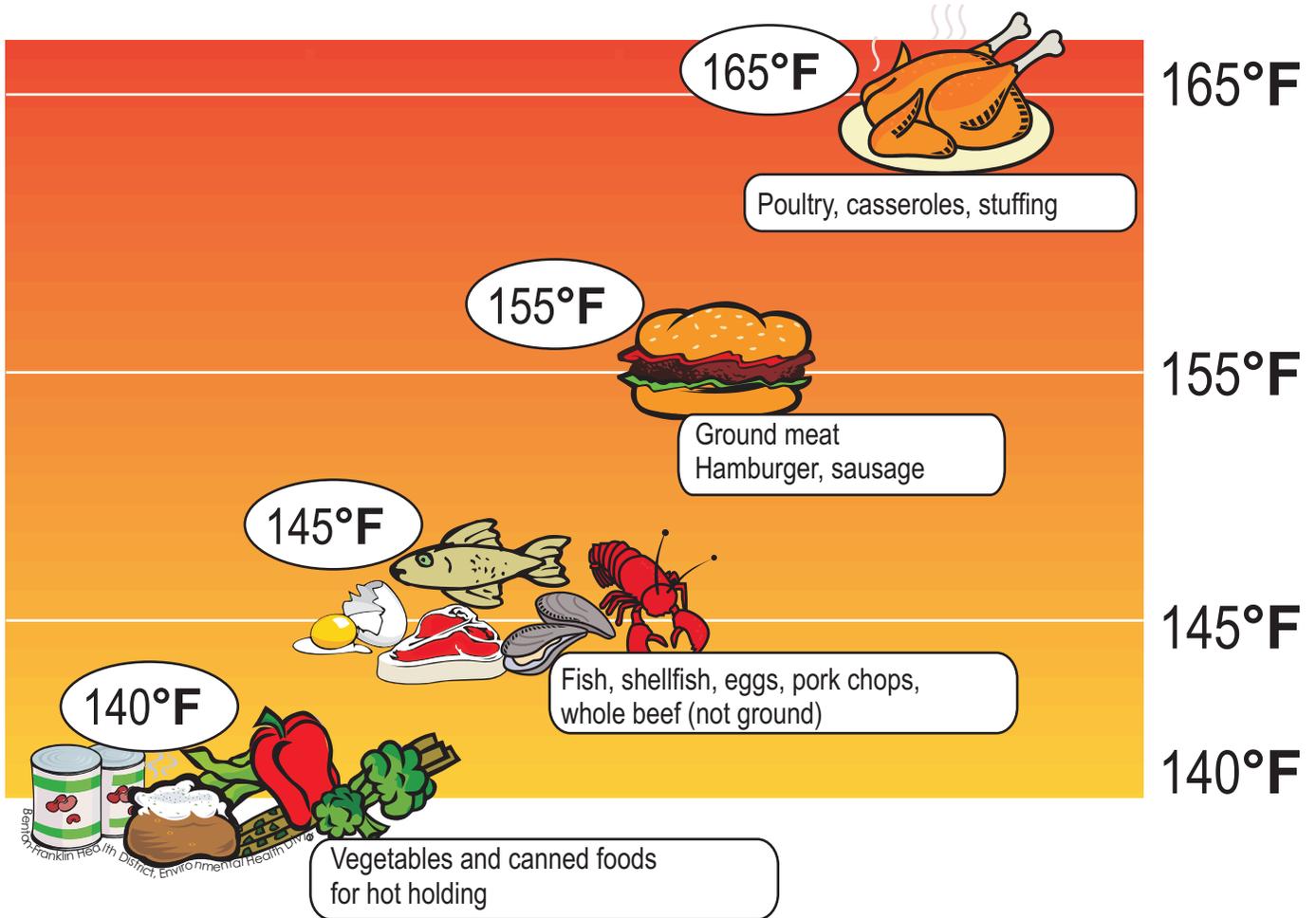


# Safe Cooking Temperatures

Benton-Franklin Health District Food Service Fact Sheets



Cooking food to the right temperature is the best way to kill germs that might be in the food.

Temperatures must be taken with a food thermometer that is inserted into the thickest part of the food.

All raw animal products cooked in a microwave oven must be heated to at least 165°F. The food must be covered to maintain moisture, stirred at least once during cooking, and allowed to stand covered for two minutes before serving.