

CHICKEN, TURKEY, and EGG SAFETY*

- Keep the product refrigerated or frozen until ready to cook
- Thaw in refrigerator or microwave
- Keep raw meat and poultry separate from other foods
- Wash working surfaces (including cutting boards), utensils and hands after touching raw meat or poultry
- Cook thoroughly
- Keep hot foods hot
- Refrigerate leftovers immediately or discard

The following chart provides the temperature to which your food is not only safe, but is the best quality:

Chicken, Turkey White Meat	170 degrees F
Chicken, Turkey Dark Meat	180 degrees F
Ground Chicken, Turkey	165 degrees F
Eggs	160 degrees F

Additional Information:

EatChicken.com

<http://www.eatchicken.com>

EatTurkey.com

<http://www.eatturkey.com>

Eggsafety.org

<http://www.eggsafety.org>

“Fight Bac” (Partnership for Food Safety Education)

<http://www.fightbac.org>

* Source: <http://www.promedmail.org>