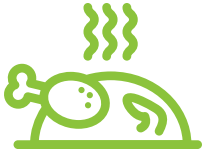


HANDY MEAT AND POULTRY PRINTABLE



TEMPERATURE GUIDE



Chicken & Turkey	USDA Safe Minimum
Whole	165
Parts	165
Stuffed	165
Ground	165

Beef & Lamb	USDA Safe Minimum
Rare	
Medium Rare	
Medium	
Medium Well	145 + 3 Minute Rest
Well Done	
Ground	160

Pork	USDA Safe Minimum
Medium Rare	145 + 3 Minute Rest
Medium	
Well Done	
Ground	160



A life well eaten, is a life well lived