

CORE 4

Help prevent foodborne illness.
Remember to **cook**.



Cook

Contrary to popular belief, we cannot know when food is good and done by looking at it, feeling it or smelling it.

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that causes foodborne illness.

- Use a food thermometer to ensure meat, poultry, seafood and egg dishes are cooked to a safe internal temperature.



View the safe minimum cooking temperatures chart on the [Division of Food Safety Consumer Resources and Outreach website](#).