



# One Minute for Safe and Savory Beef

For America's beef producers, providing safe food is their number one priority; and steps taken at every segment of the beef production chain ensures the safest product possible. However, consumers can contribute to the safety of their food by following proper in-home food safety practices.

## BEEF SAFETY 101: Basic Ground Beef Tips for Consumers



### PREPARATION

- **Keep beef refrigerated** - never thaw at room temperature.
- **Wash hands** thoroughly with soap and warm water.
- **Avoid cross-contamination** by separating raw and ready-to-eat foods.



### COOKING

- Always **use an instant-read meat thermometer** to check the internal temperature of ground beef.
- **Insert meat thermometer** sideways **into the center** of the patty.
- **Cook burgers to an internal temperature of 160 F.**



### STORING LEFTOVERS

- **Refrigerate cooked foods** no later than 2 hours after cooking.
- **Reheat leftovers to 165 F** throughout.

## BEEF SAFETY RESEARCH:

The beef industry funds and supports ongoing research and efforts to improve beef safety, including research on how consumers prepare food in their homes. While grilling is a simple, enjoyable and time-efficient way to prepare a delicious meal, most consumers learn how to grill from trial and error and don't always learn important safety tips along the way.

According to a recent study funded by The Beef Checkoff, only 11 percent of respondents knew that ground beef should be cooked to 160 F.

Only 15 percent of respondents in The Beef Checkoff study say they use an instant-read meat thermometer when cooking burgers.

A Utah State University study found that 84 percent of participants cross contaminated their food multiple times during preparation.

## RESOURCES FOR CONSUMERS:

Foods must be cooked to the following minimum internal temperatures, no matter how you prepare them. Refer to this handy guide to determine the right internal temperature for different kinds of meat.

### CORRECT INTERNAL TEMPERATURES

Ground Beef	160 F
Beef Roasts and Steaks	145 F
Pork	160 F
Poultry	165 F



Looking for more information? Visit [www.safeandsavory160.com](http://www.safeandsavory160.com) for important beef safety information and more tips for safe and savory burgers.