



## WHEN IS IT DONE?

Always check the internal temperature of what you are grilling before the recommended cooking time is up.

Keep this chart handy and you will never have to guess WHEN IT'S DONE

<b>BEEF</b>	
STEAKS	145 DEGREES (MED- RARE) 160 DEGREES (MED) 170 DEGREES (WELL DONE)
HAMBURGER	160 DEGREES (MED)
<b>CHICKEN</b>	
BREASTS	165 DEGREES
WHOLE	165 DEGREES (MEASURE IN THIGH)
KABOBS OR STRIPS	JUICES RUN CLEAR
<b>FISH &amp; SEAFOOD</b>	
FILLET/STEAKS/KCBOBS	145 DEGREES OPAQUE AND FLAKES
SCALLOPS	OPAQUE
SHRIMP	TURNS PINK
<b>PORK &amp; SUASAGE</b>	
TENDERLOIN	145 DEGREES
GROUND	160 DEGREES

### REMEMBER

1. WASH HANDS OFTEN WITH SOAP AND WATER
2. KEEP RAW FOOD SEPARATE FROM COOKED FOOD
3. MARINATE FOOD IN FRIDGE NOT ON COUNTER
4. REFRIGERATE FOOD AS SOON AS POSSIBLE  
WITHIN 1 HOUR IF 90 DEGREES OR WARMER OUTSIDE