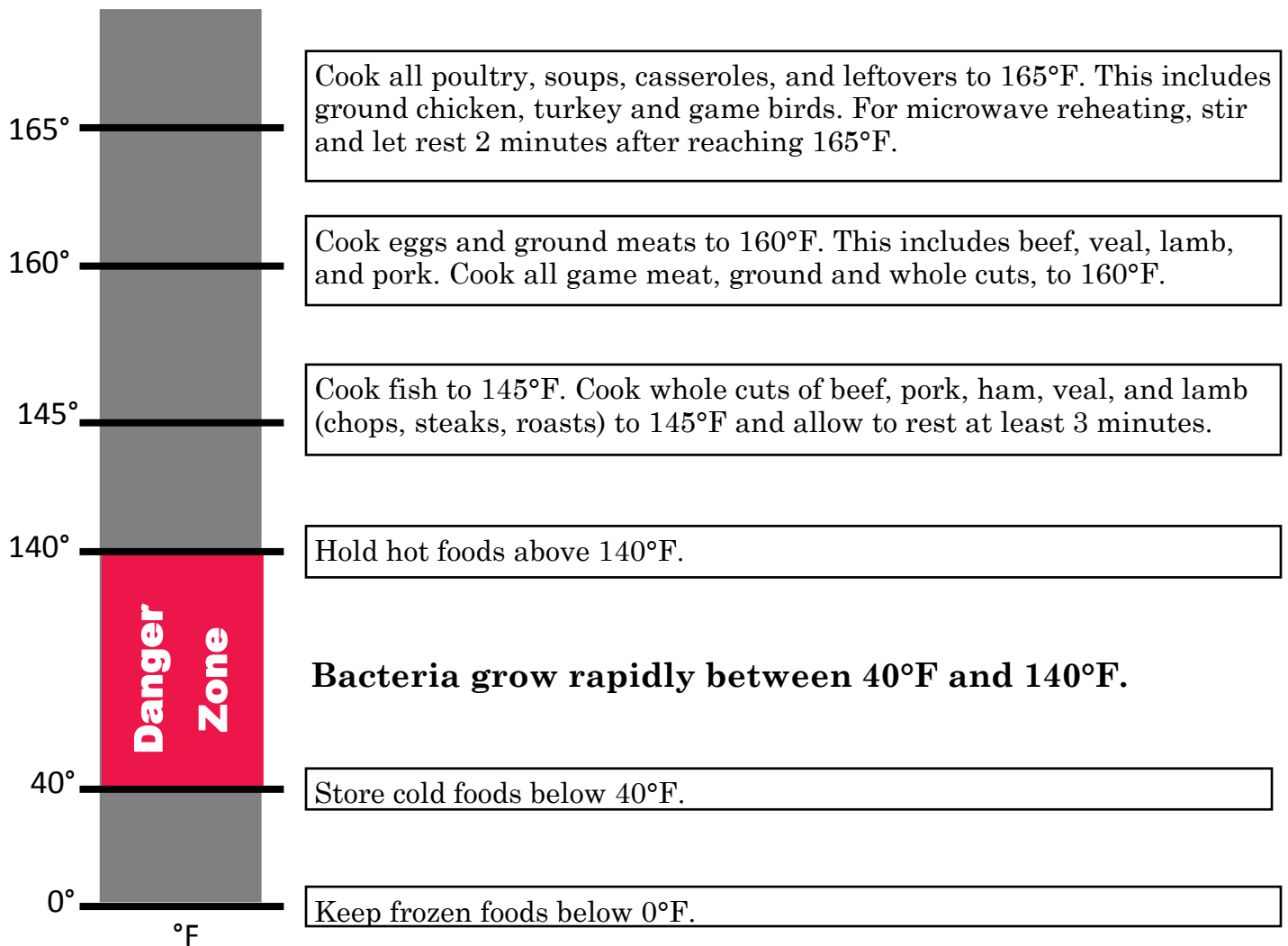




# Food Safety Tips: The Danger Zone

Cook all food to the minimum internal temperatures, found on the chart below. Measure temperature using a food thermometer before removing food from the heat source. For personal preference, you may choose to cook food to higher temperatures.

## Know Safe Temperatures



**Bacteria grow rapidly between 40°F and 140°F.**



This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, in Wyoming call 800-457-3659 or contact your local social services office. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.