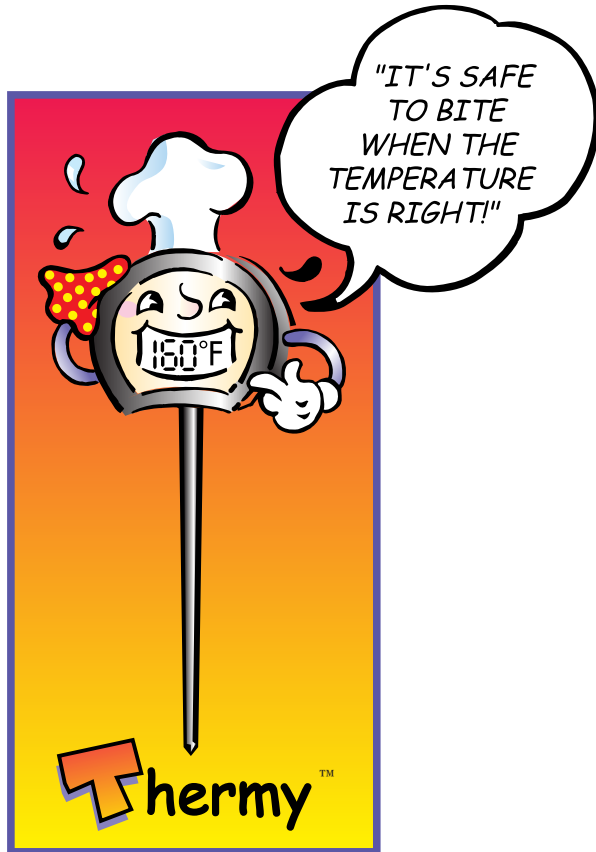


# Thermy™

Thermy™ is the messenger of a national consumer education campaign designed to promote the use of food thermometers, developed by the Food Safety and Inspection Service (FSIS), U.S. Department of Agriculture (USDA).



Food Safety and Inspection Service, USDA



A cartoon character of a food thermometer with a smiling face, wearing a white chef's hat and a red polka-dot bow tie. The thermometer's display shows 160°F. It is holding a thumbs-up gesture. A speech bubble next to it says, "IT'S SAFE TO BITE WHEN THE TEMPERATURE IS RIGHT!". The character is set against a yellow and orange background. At the top, the word "Thermy™" is written in a stylized font.

## Temperature Rules!

... for cooking foods at home.

**Safe Minimum Internal Temperatures**

- 145 °F** Beef, lamb & veal steaks & roasts, medium rare (medium—160 °F)
- 160 °F** Ground beef, pork, veal & lamb  
Pork chops, ribs & roasts  
Egg dishes
- 165 °F** Ground chicken & turkey  
Chicken & turkey—whole bird, breasts, legs, thighs & wings  
Stuffing & casseroles  
Leftovers

**FSIS**  
Food Safety and Inspection Service  
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