

COOKING BURGERS SAFELY

**To prevent foodborne illnesses,
the USDA recommends cooking
ground meat products to 160°F.**

**Many states have made it mandatory to
cook ground beef patties to 160°F -165°F.**

**The recent beef recalls verify the need for
ground beef patties to be fully cooked to 160°F.**

“How do you want your burger cooked... rare, medium, or well done?” is something heard less and less these days. Many restaurants have stopped offering their customers a choice in how they want their burgers cooked in recognition of the dangers of consuming undercooked ground beef items. Here is a representative menu advisory:

*Notice: Consuming raw or undercooked beef, poultry, lamb, pork, seafood, shellfish, eggs, or milk may increase your risk of foodborne illness, especially if you have certain medical conditions. Thoroughly cooking such foods reduces the risk of foodborne illness. Items marked with an * may be cooked to order except burgers/burger patties. Consult your physician or public health official for further information.*

ALWAYS COOK GROUND BEEF PATTIES TO 160°F AND FOLLOW THESE SAFE HANDLING GUIDELINES!

- 1. WASH** hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.
- 2. SEPARATE** - keep raw meat, poultry, and seafood apart from food that won't be cooked and from food that has already been cooked.
- 3. COOK** - use a food thermometer to tell when food is safely cooked.
- 4. CHILL** leftover food within 2 hours and keep at 40°F or below.