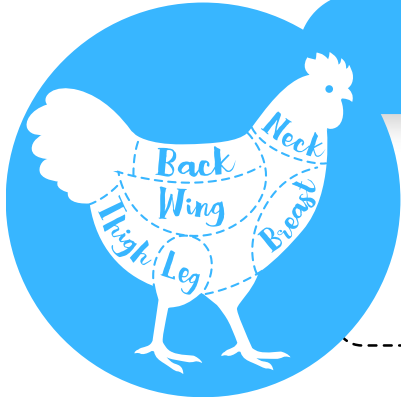


# Purchasing & Preparing Meat

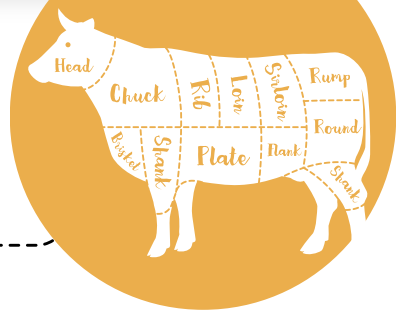
## Poultry



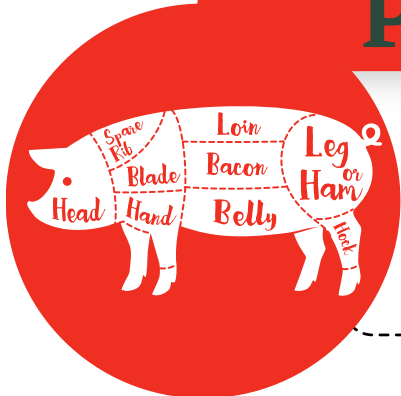
- Poultry should have a light pink color and a neutral odor. Always ensure any packaging is intact before purchasing.
- When cooking poultry, be sure the internal temperature reaches 165°F.

## Beef

- Beef products should be a deep vibrant red. Avoid any products that are brown in color or have discolored spots.
- Degrees of Doneness:
  - Rare: 125°F, Medium rare: 135°F, Medium: 140°F, Well done: 155°F
- Children, older adults, and people with compromised immune systems should not consume beef cooked below 145°F.



## Pork



- Look for a product that is a grayish-pink color, firm to the touch, and has minimal fat on the exterior.
- Be careful to not overcook pork as it will become very dry and tough.
- The ideal internal cooking temperature is 145°F.

## Notes

For a juicier final product, allow time for carry-over cooking. When the meat is about 5 degrees below the target internal temperature, stop the cooking process and leave it to rest at room temperature for about 5 minutes before slicing.