

## CAMPYLOBACTER

**FACT: EIGHT OUT OF TEN CHICKENS ARE INFECTED WITH CAMPYLOBACTER, ONE OF THE LEADING CAUSES OF FOOD POISONING.**



**One drop of raw chicken juice can make you sick.**

Always use a food thermometer to make sure poultry is thoroughly cooked to **165 °F**

A food thermometer should be placed in the thickest part of the food and should not be touching bone, fat, or gristle. Begin checking the temperature toward the end of cooking, but before the food is expected to be "done." Ensure to clean your food thermometer with hot soapy water before and after each use! Make sure to sanitize all surfaces that the poultry may have come in contact with, such as the sink and cutting board, before and after handling poultry.