

Choosing the Perfect Pork

Confused at the meat counter as to what type of pork to choose, or what it should look like? Follow these simple steps to choose the perfect pork!

- Select pork just before you check out at the grocery store. It is important that pork stay as cold as possible.
- Look for cuts with a small amount of fat over the outside. The meat should be firm and pink in color.
- Once selected, put the pork in disposable plastic bags to avoid any leakage that could contaminate other foods in your grocery cart.
- Take pork home immediately and refrigerate it to 40 degrees. Use the pork within 2 to 3 days or freeze.
- When cooking pork, the internal temperature should reach 145 degrees measured by a food thermometer. Ground pork should be cooked to an internal temperature of 160 degrees.

