



UF/IFAS EXTENSION

SIZZLING SCIENCE

**THERE'S A REASON BEHIND
EVERYTHING IN THE KITCHEN.
FOLLOW THIS SERIES TO LEARN
MORE ABOUT THE SIZZLING
SCIENCE OF FOOD!**

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UNIVERSITY of FLORIDA

We're Not Porkin!

DID YOU KNOW 100% OF THE PORK SOLD IN THE US IS ADDED HORMONE AND ANTIBIOTIC FREE?

IT IS ILLEGAL TO USE HORMONES IN PORK PRODUCTION IN THE UNITED STATES, THEREFORE ALL PORK IS FREE OF ADDED HORMONES!

ANY ANIMAL THAT IS GIVEN ANTIBIOTICS MUST GO THROUGH A WITHDRAW PERIOD, DURING WHICH ANY ANTIBIOTICS ARE PROCESSED THROUGH THEIR BODY AND NO RESIDUE IS LEFT IN THE MEAT.

DID YOU KNOW WHOLE CUTS AND GROUND MEAT SHOULD BE COOKED TO DIFFERENT TEMPERATURES?

WHOLE CUTS, LIKE BOSTON BUTT, TENDERLOIN, OR RIBS SHOULD BE COOKED TO AT LEAST 145°F AND ALLOWED TO REST FOR 3 MINUTES. GROUND PORK PRODUCTS SHOULD BE COOKED TO 160°F.

PORK STORAGE TIMES

ITS IMPORTANT TO CONSUME FOOD BEFORE IT SPOILS. NEVER EAT PORK THAT SMELLS RANCID OR APPEARS GRAY/GREEN.

Product	Refrigerator	Freezer*
Fresh Pork	3-5 Days	4-6 months
Home Cooked Pork	1-2 Days	2-3 months
Frozen Pork Dinners	Keep Frozen	3-4 months

*Freezer recommendations are to maintain quality of product, as well as safety.

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