



**You already  
use one of these**  
to make sure your child is safe.



*tradition*

*celebration*

*security*



**It's just as easy  
to use one of these**  
to make sure your  
child's burger is safe.

# It happened to us

The sun was shining and it was a beautiful spring Saturday. We were at the park grilling burgers. (We all like them well done – no pink inside!) A few days later, my daughter had a fever and diarrhea. Then she woke up the next night with bloody diarrhea and a bad stomachache. I took her to the doctor and found out that she had gotten sick from some E. coli O157:H7 in her burger at the BBQ. I hate to remember those days... thinking about her curled up in pain! I felt helpless to make her feel better. Finally, she was taken to Children's Hospital, where she would remain for the next month to be treated for kidney failure. She got better, gradually. It was hard to be patient while I waited for the treatments to work, but finally she was herself again – laughing, dancing, and kissing me. I'm so thankful everyday that she made it through and so far has had none of the long term issues which can happen with kidney failure from E. coli. She is my little hero.



A food thermometer is the only way to test.  
**160° F**

"We still have picnics with our friends and grill burgers, but you can be sure that now I use a food thermometer **every time**. And it's easy!"



## "I love you" burgers

Use your inner artist or a cookie cutter to form raw patties into heart shapes. Wash the cookie cutter and let your little ones cut matching hamburger buns. **Cook the burgers to 160°F and serve.**

**Kids shouldn't have to worry about food safety.**

**University of Idaho**  
A LEGACY OF LEADING

WASHINGTON STATE  
 UNIVERSITY

For more information, including how to buy a food thermometer of your own, visit our website: **[www.uidaho.edu/thermometers](http://www.uidaho.edu/thermometers)**

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