

TEMPERATURE GUIDELINES FOR FOOD SAFETY

COOKING/REHEATING IN A CONVENTIONAL OVEN & STOVE

Foods should be cooked, throughout, to the following internal temperatures, or above:

- ◆ Poultry, stuffed meats, and stuffing containing meat 165° F
- ◆ Ground meat, such as hamburger or food containing ground meat 158° F
- ◆ Pork and foods containing pork 150° F
- ◆ Shell eggs and shell egg products. 145° F
- ◆ All other potentially hazardous foods. 140° F
- ◆ Rare roast beef and/or rare beef steaks. 130° F

Leftovers must be reheated to an internal temperature of 165° F, or above. However, USDA inspected pre-cooked foods can be reheated to 140° F for the first time only.

COOKING/REHEATING IN A MICROWAVE OVEN

Foods and leftovers must be cooked and reheated to 165° F, or above, in all parts of the food. While cooking or reheating, the food must be covered and rotated or stirred. Allow the food is to remain covered for two minutes after cooking or reheating to obtain even food temperature.

COOLING:

Food should be cooled to the following internal temperatures:

From 120° F to 70° F in less than 2 hours

AND

From 70° F to 45° F in less than 4 hours.

COLD/HOT HOLDING:

Cold foods must be maintained at or below 45° F at all times.

Hot foods must be maintained at or above 140° F at all times.

EXCEPTIONS:

Food temperatures may be in the range of 45° F to 140° F during preparation and service no longer than 30 minutes.

Smoked fish in plastic bags (with oxygen excluded) and not heat-treated, or smoked fish prepared on premises must be maintained at 38°F or below at all times.