



# SAFE FOOD TEMPERATURES

**IMPORTANT:** Check food temperatures during all phases of cooking, cooling, heating, and hot/cold holding. Place the thermometer in the center of the pan or the thickest part of the meat (away from any bones). Use a thin probe thermometer to check thin food such as meat patties and fish fillets.

Minimum of  
**165° F**  
For 15 seconds

**Poultry, (stuffed meat, poultry & fish), stuffed pasta, leftovers and reheated foods.**

Minimum of  
**155° F**  
For 15 seconds

**Ground meats & fish, injected meats, raw shell eggs, gyros, sausages, ratites.**

Minimum of  
**145° F**  
For 15 seconds

**Fish, meat, pork, and commercially raised game animals.**

Minimum of  
**135° F**

**HOLDING temperature for HOT foods. Cooking temperature for fruits & vegetables, and commercially processed packaged foods.**

Minimum of  
**130° F**  
For 112 minutes

**Whole rare roast beef, cured hams and corn beef.**

Temperature Danger Zone  
**135° F to 41° F**

**TEMPERATURE DANGER ZONE: 41° F to 135° F**

**Rapid cooling of all potentially hazardous foods**

From **135° F to 70° F** within 2 Hours

From **70° F to below 41° F** within 4 Hours

To cool product, transfer to shallow pans (4 in. or less in depth)

Minimum of  
**41° F**  
Or below

**HOLDING temperature for COLD foods.  
( Except: whole shell eggs - 45° F )  
(Milk and Shellfish may be received at 45° F, but must be cooled to below 41° F within 2 hours.)**

Minimum of  
**0° F**  
Or below

**HOLDING temperature for FROZEN foods.**

**Proper methods for thawing frozen foods**

• Under refrigeration • Under running water • Part of Cooking Process