

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 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**.