

# SAFE FOOD TEMPERATURES

**IMPORTANT! Check food temperatures during all phases of cooking, cooling, heating, holding. Place the thermometer in the center of the pan or in the thickest part of the meat, away from the bone. Use a thin probe thermometer to check thin food such as meat patties & 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, sausage, ratites**

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

**Fish, meat, pork  
Commercially raised game animals**

Minimum of  
**135° F**

**Holding temperature for Hot foods  
Cooking temperature for fruits & vegetables,  
Commercially processed packaged foods.**

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

**Whole rare roast beef,  
Cured hams, corned beef**

**TEMPERATURE DANGER ZONE: 41° F to 135° F  
RAPID COOLING OF ALL POTENTIALLY HAZARDOUS FOODS**

**FROM 135° F TO 70° F WITHIN 2 HRS**

**FROM 70° F TO 41 F WITHIN 4 HRS**

**Use Shallow Pans (4 in. or less)**

**41° F**  
Or below

**Holding temperature for Cold foods  
(Except; milk, whole shell eggs, shellfish - 45° F)**

Recommended  
**0° F**  
Or below

**Holding temperature for frozen foods**

**PROPER METHODS FOR THAWING FROZEN FOODS**

- Under Refrigeration
- Under Running Water
- Part of Cooking Process