



Why Are Food Temperatures Important?

Some of the major causes of foodborne illness are due to improper cooking, cooling, reheating, and holding temperatures. Hot food must be kept out of the **temperature danger zone**, which is between 41°F and 135°F, during storage, preparation, display and service.

What Are The Required Temperatures?

Proper cooking temperatures vary according to the food being cooked. All hot foods must be maintained at 135°F or above until served after the final cooking temperature is reached. Final cooking temperatures for various food items are listed below. (This list is not all inclusive.)

Food	Cooking Temperature
Poultry, stuffed meats, and stuffed fish.....	165°F
Cooking in a microwave	165°F
Reheated foods.....	165°F *
Pork, ground meats such as hamburger and sausage, eggs to be hot-held for later service, injected meats.....	155°F
Fish, veal, lamb, eggs for immediate service, and whole pieces of beef	145°F
Fruits and vegetables prior to hot holding	135°F

*** Commercially prepared food in hermetically sealed containers/packaging may be reheated to 135°F for holding or if being reheated for immediate service.**

What to do?



- Cook foods to the proper temperatures.
- Check the final cooking temperature with a probe thermometer.
- Rapidly reheat foods to 165°F[^] and verify with a clean and sanitized thermometer before placing on a steam table or hot holding unit.
- Hold all hot foods at 135°F. Check temperatures frequently.

^Reminder: Never use the steam table to reheat foods.