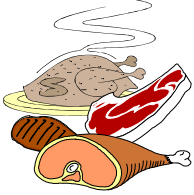


# TEMPERATURES FOR KEEPING FOOD SAFE

**Foods need careful temperature control to prevent food poisoning. Here are some ways to keep foods safe:**



## COOKING MEATS

- Chicken and turkey must be cooked to 165° F.
- Pork to 155° F.
- Beef to 140° F, except that “rare” roast beef or beef steak which may be cooked to 130° F.
- Ground Beef to 155° F.

## COLD AND HOT FOOD HOLDING TEMPERATURES

- Cold food must be 41° F or colder.
- Hot food must be 135° F or hotter.
- When food has been kept between 41° F and 135° F for over 4 hours, the food should be thrown away.

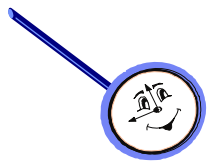


## COOLING HOT FOODS

- Hot food must be quickly cooled from 135° F to 70° F or below, within 2 hours and from 70° F to 41° F or below, within 4 hours.
- The food must be 3 inches deep, or less, in the containers.
- Do not cover food while cooling.
- Do not stack food containers.
- Allow space around the food containers in the refrigerator.
- To cool foods quickly, put containers in ice water and stir the food often.

## REHEATING COLD FOODS

- Reheat foods quickly to 165° F or hotter, **BEFORE** serving or putting the food in a steam table.
- Steam tables must not be used to reheat food.
- Food must be reheated to 165° F or hotter within 2 hours or less.



## THERMOMETERS

- Refrigerators and freezers must have a thermometer in the upper front of the unit.
- A metal stem food thermometer must be used to check food temperatures during cooking, holding, cooling and refrigeration. The thermometer should be scaled from 0° F to 220° F.



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