COOKING TEMPERATURES

Cooking foods to the wrong temperature may cause foodborne illness!

Minimum Safe Internal Temperatures

165°F
- Poultry
- Stuffed foods
- Foods cooked
- Reheated leftovers to be held hot
- Mixed foods (stews, casseroles, etc.)

155°F
- Ground beef
- Ground pork

145°F
- In shell eggs
- Fish
- Shellfish
- Whole beef
- Whole lamb
- Whole pork
- Precooked foods
- Commercially processed ready-to-eat food (hot dogs)
- Vegetables
- Mixed foods (stews, casseroles, etc.)

135°F
- Cooked potatoes
- In-shell eggs
- Fried fish
- Mixed foods (stews, casseroles, etc.)
- Reheated leftovers to be held hot
- Commercially processed ready-to-eat food (hot dogs)
- Vegetables

DANGER ZONE
41°F - 135°F
NEVER keep food at room temperature... and always keep food out of the DANGER ZONE!