

# Temperature Danger Zone: 41°-135° F

## Preventing Foodborne Illness:

- ◇ Make sure food does not stay out for more than 4 hours before storing.
- ◇ Cook all foods to appropriate temperatures.

## Cooking/Heating Temperatures:

- ◇ Ground Beef: **155° F**
- ◇ Steak or Lamb: **145° F**
- ◇ Pork or Ham: **145° F**
- ◇ All Poultry: **165° F**
- ◇ Seafood: **145° F**

## Holding Temperatures:

- ◇ Keep hot foods at **135° F** or more.
- ◇ Keep cold foods at **41° F** or below.
- ◇ Transfer foods that will be stored for later use such as soups directly into the chiller.
- ◇ Keep covers on foods to hold at appropriate temperatures.

## Re-heating Temperatures:

- ◇ **165° F** for all hot foods.

## How to use a Thermometer:

- ◇ Place end of thermometer into the thickest part of the food, Without touching bone, fat, or gristle.

