

TEMPERATURE CHART FOR SAFE FOOD

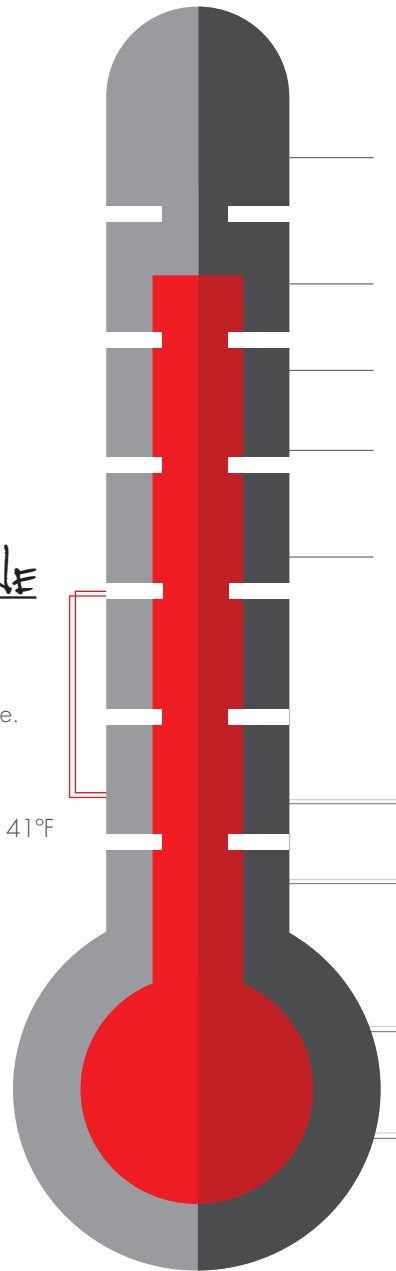
ACTION STEPS

- Control temperatures at each point in the flow of food.
- Take and record temperatures of food, and of hot and cold food storage units routinely.

TEMPERATURE DANGER ZONE

Rapid bacterial growth and toxin production occurs in the temperature danger zone (41°F – 135°F).

- Keep food out of the temperature danger zone when possible.
- Move food through the temperature danger zone quickly when cooking or cooling.
- Cool food from 135°F to 70°F in 2 hours, then from 70°F to 41°F in an additional 4 hours.



- 212°F Some toxins are not destroyed by boiling.¹
- 165°F Poultry, stuffed meat and pasta, stuffing made with fish, meat, or poultry, and reheated foods
- 155°F Ground, injected, or mechanically tenderized meat, or shell eggs to be held hot
- 145°F Seafood, steaks or chops (beef, pork, veal, or lamb), roasts, shell eggs for immediate service (NOTE: Be sure to check the required cooking time)
- 135°F Fruits, vegetables, grains, and legumes held for hot service.

41°F COLD FOODS & REFRIGERATION
32°F 35°F to 41°F is ideal.²

0°F FROZEN FOODS
-20°F Bacteria may not be killed at low temperatures.

¹ Toxins are poisons produced by bacteria that can cause foodborne illness.

² Refrigeration slows bacterial growth.

