



TEMPERATURE CHART for Safe Food

***TOXINS ARE POISONS PRODUCED BY BACTERIA. THEY CAN CAUSE FOODBORNE ILLNESS.**

SOME *TOXINS ARE NOT DESTROYED BY BOILING

POULTRY, STUFFED MEATS, STUFFING & REHEATED FOODS 165°F

ALL GROUND MEATS 155°F

FISH / EGGS / BEEF ROASTS/ PORK ROASTS OR CHOPS / OTHER PHF'S 145°F

HOT FOODS HELD AT OR ABOVE

135° F (STEAM TABLE, ETC.) 2005 Food Code

PRIME RIB = 130°F FOR 112 MINUTES

LONGER CONTROLLED COOKING TIME MAY ALLOW LOWER TEMP. FOR BEEF USING HACCP

**COOL, COOK, AND THAW FOODS RAPIDLY THROUGH THIS RANGE—
4 HOURS
TOTAL TIME IN DANGER ZONE**

Some states allow 6 hours to cool hot foods: 135 to 70°F in 2 hours & 70 to 41°F in 4 hours = 6 hours total

COLD FOODS & REFRIGERATION

(Some states allow 45°F max.- check local food regulations.)

FROZEN FOODS: BACTERIA MAY NOT BE KILLED AT LOW TEMPERATURES

35-38° is IDEAL –Lower temp. increases shelf life

212°F (100°C)

165°F (74°C)

155°F

145° F

135°F (57°C)

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RAPID BACTERIAL GROWTH & TOXIN PRODUCTION

CRITICAL CONTROL POINT-- USE AN ICE BATH, SHALLOW PANS, or CUT ROASTS IN HALF to COOL FASTER

41°F(5°C) 2005 Food Code

32°F (0°C)

0°F (-17°C)

-20°F (-29°C)

★ *If you have questions about food safety, contact us at: sms@foodhandler.com
Sign up for a free food safety newsletter at our website: www.foodhandler.com*