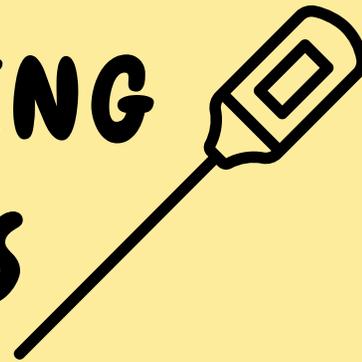


INTERNAL COOKING TEMPERATURES



- Beef and pork (chops, roasts, and steaks)*
- Fish and seafood
- Fresh, frozen, or canned fruits and vegetables cooked for holding hot holding
- Commercially processed ready-to-eat food

165°

- Poultry
- Casserole
- Reheat leftovers

160°

- Egg dishes
- Ground meat

145°

135°

DANGER ZONE

Bacteria grow most rapidly in the range of temperatures between 40 °F and 140 °F, doubling in number in as little as 20 minutes.

40°

Refrigerator temperature

0°

Freezer temperature

*Allow to rest for 3 minutes.