

# Resource: Critical Temperatures for Safe Food Handling

**Boiling**

212° F

**Final Cooking Temperatures**

Stuffed Pasta, Meats, Fish or Stuffing Containing Meat, Fish or Poultry; Reheat Leftovers, Food Reheated in Microwave (1)

165° F\*

Ground Beef and Pork

155° F\*

Meat, Pork, Fish, Unpasteurized Shell Eggs (2)

145° F\*

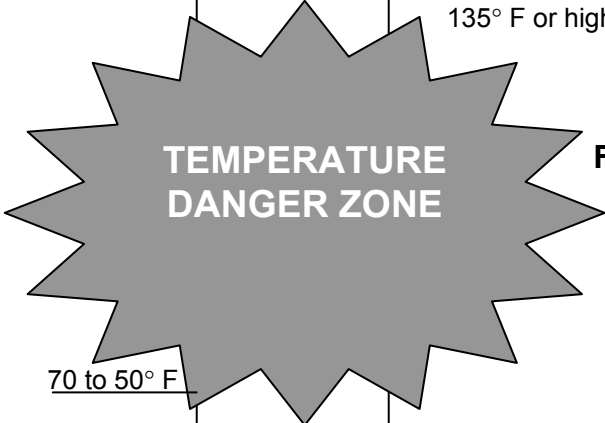
**Hold Hot Foods**

≥ 135° F\*

**Hot Food Handling**

135° F or higher

*Rapid Bacteria Growth*



**TEMPERATURE DANGER ZONE**

**Foodborne Illness Zone**

**Dry Storage**

70 to 50° F

**Refrigerator Temperatures**

≤ 41° F

**Cold Food Handling**

41° F or lower

**Freezing**

32° F

**Freezer Temperatures**

0° F

0° F and below

**Frozen Food Storage**  
(Food should be frozen solid)

(1) Microwave cooking and reheating:

- When cooking animal foods in the microwave, rotate and stir foods during the cooking process so that all parts of the food are heated to a temperature of at least 165° F.
- Allow food to stand covered for at least 2 minutes after cooking so the food is heated throughout.

(2) Unpasteurized shell eggs that have been cooked to order should be served and eaten immediately.