Food Safety Temperature Requirements

Cook all food to these minimum internal temperatures as measured with a food thermometer before removing food from the heat source. For reasons of personal preference, consumers may choose to cook food to higher temperatures.

<table>
<thead>
<tr>
<th>Product</th>
<th>Minimum Internal Temperature &amp; Time</th>
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</thead>
<tbody>
<tr>
<td>All poultry — including whole or ground chicken, turkey, or duck</td>
<td>165°F (74°C) for at least 15 seconds</td>
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<tr>
<td>Ground meats — including pork, beef, other meat, and ground seafood</td>
<td>155°F (68°C) for at least 15 seconds</td>
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<tr>
<td>Whole cuts (fillets, steaks, chops, and roasts) of meat and seafood</td>
<td>145 °F (63°C) for 4 minutes</td>
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</tbody>
</table>

More Food Safety Temperature Tips

1. Reheating
   - Foods should be reheated thoroughly to an internal temperature of 165°F. In the microwave oven, cover food, rotate, cook half way, stir, and finish heating to 165°F.

2. Cold Storage Temperatures
   - Properly handled food stored in a freezer at or below 0°F will be safe.
   - A temperature at or below 40°F should be maintained in the refrigerator.

3. Avoid the Temperature Danger Zone or TDZ (41°-135°F)
   - Bacteria produce most rapidly in the range of temperatures between 41° and 135°F, doubling in number in as short as 20 minutes.
   - Never leave food out of refrigeration over 2 hours. If the outside temperature is above 70°F, food should not be left out more than 4 hours.

4. Holding Food
   - When holding food with temperature control, check temperature every four hours.

For technical assistance or if you have questions about how to implement this Basic Needs strategy on your campus, contact the Center for Healthy Communities at (530) 898-5343 or chc@csuchico.edu
- When not using temperature control, hot food should be held no longer than four hours if it started at 135°F or above and has a date stating when it started and when it needs to be thrown out. Throw out hot food if left out over four hours.
- When not using temperature control, cold food should be held no longer than six hours if it started at 41°F or below, it has a date stating when it started and when it needs to be thrown out, and never gets above 70°F. Throw out cold food if left out for over six hours.
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