

Safe Cooking Temperature Chart

Food Type	Minimum Internal Temperature
Poultry (whole or ground)	165°F (74°C)
Ground Meats (beef, pork, lamb)	160°F (71°C)
Beef, Pork, Lamb (steaks, chops, roasts)	145°F (63°C) + 3-minute rest
Fish and Shellfish	145°F (63°C)
Egg Dishes	160°F (71°C)
Leftovers and Casseroles	165°F (74°C)

Key Temperature Zones

Zone	Temperature Range	What It Means
Cold Zone	40°F (4°C) or below	Safe for storing perishable foods
Danger Zone	40°F–140°F (4°C–60°C)	Bacteria multiply quickly—avoid this range
Danger Zone	140°F (60°C) or above	Safe for keeping cooked food warm before serving

Food Safety Tips

- Refrigerate leftovers within 2 hours (or 1 hour if above 90°F).
- Reheat leftovers to 165°F (74°C).
- Use shallow containers to cool food faster.
- Never thaw food on the counter—use the fridge or cold water.