

Is it **DONE?**

Safe internal temperatures



Steaks & Roasts

63°C

145°F

Fish

63°C

145°F

Pork

71°C

160°F

Ground Beef

71°C

160°F

Egg Dishes

71°C

160°F

Chicken Breasts

74°C

165°F

Whole Poultry

74°C

165°F

Cold holding

4°C

40°F

Hot holding

60°C

140°F

Reheating

74°C

165°F

within 2 hrs

Cooling

60°C → 4°C

140°F → 40°F

within 4 hrs