



Home Food Safety

Below are some general guidelines for keeping food safe to eat in your home. These recommendations are based on the State Rules and Regulations for Food Service Establishments.

Holding Temperatures:

Hot Foods: 140° F (60° C)

Cold Foods: 41° F (5° C)

Temperatures between 41° F and 140° F are where the most bacterial growth can occur. The internal temperature of foods should be in this range for no more than 4 hours.

Cooking Temperatures: (internal temperatures that must be reached for the recommended time period.)

Eggs: 145° F (63° C) for 15 seconds

Pork, ground meats, and fish: 155° F (68° C) for 15 seconds

Rare roast beef and beef steak: 130° F (54° C) for 15 seconds

Poultry and stuffed fish: 165° F (74° C) for 15 seconds

All potentially hazardous foods should be reheated to 165° F before serving.

The consumption of raw or undercooked foods such as meat, fish and eggs which may contain harmful bacteria, may cause serious illness or death.