COOKING TEMPERATURES

Cooking foods to the wrong temperature may cause foodborne illness!

**165°F**
- Poultry
- Stuffed foods
- Foods cooked
- Reheated leftovers to be held hot
- Mixed foods (stews, casseroles, etc.)

**155°F**
- Ground beef
- Ground pork

**145°F**
- In shell eggs
- Fish
- Shellfish
- Whole beef
- Whole pork
- Whole lamb

**135°F**
- Vegetables
- Precooked foods
- Commercially processed ready-to-eat food (hot dogs)

After food is cooked, it must be held hot at 135°F or above.

**DANGER ZONE**
41°F - 135°F
NEVER keep food at room temperature... and always keep food out of the DANGER ZONE!