

TEMPERATURE GUIDE FOR FOOD PROTECTION

**KEEP HOT FOODS HOT
(135°F. OR ABOVE)**

**AND COLD FOODS COLD
(41°F. OR BELOW)**

Internal Cooking Temperatures and Proper Storage in Cooler/Refrigerators & Freezers:

Top or higher shelves:

Eggs, fish, whole muscle steak —145°F
Pork — 145°F

Next Shelf:

Beef/ground meats & tenderized steaks —155°F

Bottom Shelf:

Poultry — 165°F

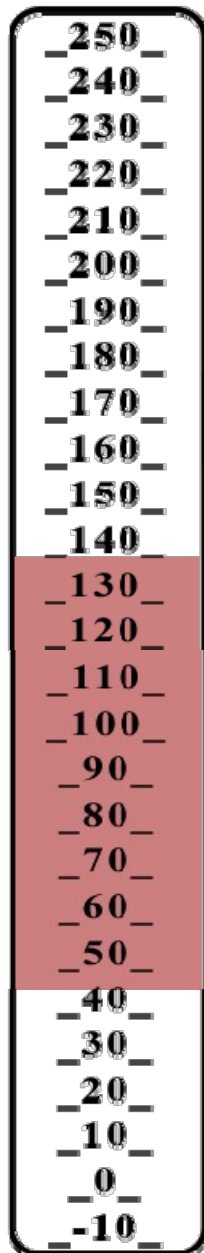
NOTE: items may be stored on the same shelf if space is limited but must be kept separated by several inches.

THAW FOODS BY:

- Placing in the refrigerator at or below 41°F, or
- Under cold running water (below 70°F), or
- Part of cooking process (Conventional), or
- In microwave (for entire cooking or before transferring immediately to conventional oven).

For more Information Contact:

Wayne County Environmental Health
(919) 731-1174



COOL FOODS:

- From 135°F to 70°F within 2 hours (if not, reheat to 165°F and try another method).
- Then, from 70°F to 41°F or below within 4 more hours (total 6 hours 135°F to 41°F).

FOODS MUST BE COOLED BY:

- Placing them in shallow layers 2—3 inches deep, or
- Uncovered or loosely covered until reaching 41°F, or
- Inserting cooling paddles, or
- Placing in a freezer or ice water bath, or
- Slicing meats and spreading them out

Danger Zone

Bacteria grow rapidly over this temperature range. Do not store potentially hazardous foods at these temperatures. 42°— 134° F.

Calibrate metal stem thermometer daily in ice/water mix at 32°F.

When reheating potentially hazardous foods, heat to 165°F within 2 hours