TEMPERATURE CHART FOR SAFE FOOD

*Toxins are poisons produced by bacteria. They can cause foodborne illness.*

**SOME TOXINS* ARE NOT DESTROYED BY BOILING**

**POULTRY, STUFFED MEATS, STUFFING, & REHEATED FOODS**

**ALL GROUND MEATS**

**FISH, EGGS, BEEF ROASTS, PORK ROASTS OR CHOPS, OTHER PHF'S**

**HOT FOODS HELD AT OR ABOVE 135°F (STEAM TABLE, ETC.)**

(2013 Food Code)

**PRIME RIB ~ 130°F FOR 112 MINUTES**

LONGER CONTROLLED COOKING TIME MAY ALLOW LOWER TEMP. FOR BEEF USING HACCP

**COOL, COOK, AND THAW FOODS RAPIDLY THROUGH THIS RANGE ~ 4 HOURS TOTAL TIME IN DANGER ZONE**

(Some states allow 6 hours to cool hot foods: 135°F to 70°F in 2 hours and 70°F to 41°F in 4 hours = 6 hours total.)

**COLD FOODS AND REFRIGERATION LOWER TEMPERATURES INCREASE SHELF LIFE**

(Some states allow 45°F max. - check local food regulations.)

**FROZEN FOODS: BACTERIA MAY NOT BE KILLED AT LOW TEMPERATURES**

**RISK NO THING**

**T R E N T U R E Z O N E**

**212°F (100°C)**

**165°F (74°C)**

**155°F**

**145°F**

**135°F (57°C)**

**RAPID BACTERIAL GROWTH & TOXIN PRODUCTION**

**CRITICAL CONTROL POINT - USE AN ICE BATH, SHALLOW PANS, OR CUT ROASTS IN HALF TO COOL FASTER**

**41°F (5°C) (2013 Food Code)**

**35° - 38°F IS IDEAL**

**32°F (0°C)**

**0°F (-17°C)**

**-20°F (-29°C)**