Critical Food Safety Temperatures

212° F – Boiling point at sea level used for thermometer calibration

165° F – Cooking temperature for poultry, stuffed meats and seafood, stuffing containing raw animal foods, raw animal foods cooked in microwave

165° F – Reheat temperature for time-temperature control for safety (TCS) foods cooked on site, going into hot holding

155° F – Cooking temperature for ground meats and ground seafood, eggs for hot holding

145° F – Cooking temperature for whole meats* and seafood, eggs for immediate service

140° F* – Cooking temperature for commercially processed pre-cooked foods going into hot holding, unless manufacturer specifies a higher temperature on package labeling

140° F* – Cooking temperature for vegetables*, beans and starches going into hot holding

41-140° F* – Temperature danger zone that promotes rapid bacterial growth, TCS foods must be held ≤ 41° F or ≥ 140° F

32° F – Temperature of ice water slurry to calibrate thermometer

0° F – Ideal storage temperature for frozen foods

*These temperatures are based on current MA code requirements found in the 1999 FDA Food Code and 105 CMR 590.000. Alternative cooking temperatures are provided for whole meat roasts and whole-muscle, intact beef steaks and can be found in FDA 1999 Food Code 3-401.11.

** Vegetables for immediate service have no minimum cook temperature requirement.