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

135° F – Cooking temperature for commercially processed pre-cooked foods going into hot holding, unless manufacturer specifies a higher temperature on package labeling

135° F – Cooking temperature for vegetables**, beans and starches going into hot holding

41-135° F – Temperature danger zone that promotes rapid bacterial growth, TCS foods must be held ≤ 41° F or ≥ 135° F

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

0° F – Ideal storage temperature for frozen foods

*Alternative cooking temperatures are provided for whole meat roasts and whole-muscle, intact beef steaks and can be found in FDA 2013 Food Code 3-401.11.

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