

SAFE TEMPERATURES FOR FOOD

Temperature Danger Zone

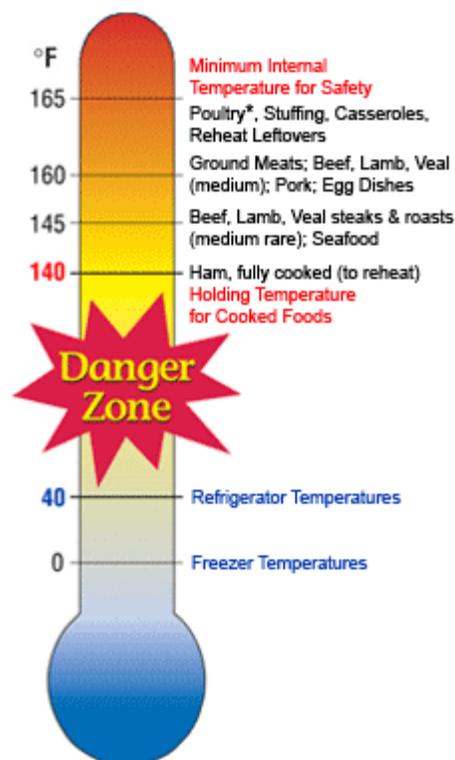
This is the temperature range in which most bacteria can grow.

Food Safety Implications

Some bacteria can double their numbers within minutes and form toxins that cause illness within hours. That's why it's important to keep food below or above the temperatures at which bacteria can grow. Usually this is below 40°F (4°C; some pathogenic bacteria can grow at 32°F or 0°C) or above 140°F (60°C).

Food Safety Precautions

- Cook food to safe internal temperatures (see the Safe Cooking Temperatures chart below). Use a food thermometer to check.
- Keep hot foods hot. Maintain hot cooked food at 140°F (60°C) or above.
- Reheat cooked food to 165°F (74°C). Never let the temperature fall below 140°F (60°C).
- Keep cold foods cold. Store food in the refrigerator 40°F (4°C) or below, or freezer 0°F (-18°C) or below.
- Don't leave food out at room temperature for more than 2 hours.



* Consumers may wish to cook poultry to a higher temperature for personal preference.