

# SAFE FOOD HANDLING

Prevent food-borne illness by making sure you are cooking all your foods as safely and thoroughly as possible! Not reaching these numbers and/or leaving foods in the danger zone for over 4 hours can cause bacterial growth, putting you and your family's health at risk.

## Safe Minimum Internal Temperatures

*as measured with a food thermometer*



Food Type	Internal temperature
<b>Beef, Pork, Veal, and Lamb</b> (chops, roasts, steaks)	145°F with a 3 minute rest time
<b>Ground Meat</b>	160°F
<b>Ham, uncooked</b> (fresh or smoked)	145°F with a 3 minute rest time
<b>Ham, fully cooked</b> (to reheat)	140°F
<b>Poultry</b> (ground, parts, whole, and stuffing)	165°F
<b>Eggs</b>	Cook until yolk & white are firm
<b>Egg Dishes</b>	160°F
<b>Fin Fish</b>	145°F or flesh is opaque & separates easily with fork
<b>Shrimp, Lobster, and Crabs</b>	Flesh pearly & opaque
<b>Clams, Oysters, and Mussels</b>	Shells open during cooking
<b>Scallops</b>	Flesh is milky white or opaque and firm
<b>Leftovers and Casseroles</b>	165°F

*\*Avoid the temperature danger zone: 41-135 degrees F*