



Environmental Health Division
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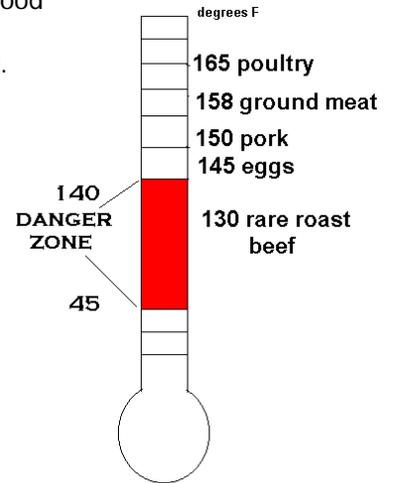
IMPORTANT FOOD TEMPERATURES

THAWING OF POTENTIALLY HAZARDOUS FROZEN FOODS:

1. Under refrigeration at or below 45 °F. Keep refrigerated until thawed. (May take days).
2. Under cold running water, with sufficient water flow to agitate surface of food and remove loose particles (overflow to drain).
3. In a microwave oven, only if the food is immediately cooked after thawing.
4. As part of the cooking process, if the frozen food is under three pounds.

MINIMUM COOKING TEMPERATURES:

1. Poultry and stuffed meats: 165 °F.
2. Hamburger and ground meats: 158 °F.
3. Shell eggs and foods containing shell eggs: 145 °F.
4. All other potentially hazardous foods: 140 °F.
5. Rare roast beef (first cook only): 130 °F.
6. ***The only way to tell if proper temperatures have been met: use a metal probe thermometer!***



HOT HOLDING OF POTENTIALLY HAZARDOUS FOODS:

1. All potentially hazardous foods being hot held (buffet line, steam table, etc.) must be maintained at 140 °F., or above, except rare roast beef, which may be held at 130 °F.
2. Provide clean serving utensils to avoid contamination of food products.
3. ***Check food temperatures routinely using a metal probe thermometer!***

COOLING AND STORAGE OF COOKED POTENTIALLY HAZARDOUS FOODS:

1. Cool foods so the temperature is reduced:
 - a) from 120 °F. to 70 °F. within two hours; and
 - b) to 45 °F or less in four more hours (continuous cooling process).
2. An ice bath may be used to rapidly cool the product in bulk (stir frequently).
3. Food may be broken into shallow pans and placed in the cooler to facilitate cooling at the rate in line #1.
4. Foods may be left uncovered during cooling, but must be stored in a way to prevent contamination.
5. ***The only way to be sure food is cooling properly is to check temperatures frequently with a metal probe thermometer!***

REHEATING OF POTENTIALLY HAZARDOUS FOODS:

1. All potentially hazardous foods must be rapidly reheated to a minimum internal temperature of 165 °F. and held above 140 °F. until served.
2. ***The only way to be sure food is reheated and held at proper temperatures is to check the foods with a metal probe thermometer!***

