

Safe Food Temperatures

140° F

Keep Hot Foods Hot

Holding Temperature for Cooked Foods

Temperature Danger Zone
40° F- 140° F

40° F

Keep Cold Foods Cold

Refrigerator Temperature

32° -0°F

Frozen Foods

Freezer Temperature



→ **165° F** - Poultry, Casseroles, Stuffing, Reheating Leftovers

→ **160° F**- Egg Dishes and Ground Meat

→ **145° F**- Lamb, Beef, Pork, Steak Chops, Veal, Roast, Uncooked Fresh or Smoked Ham, Fish, Shellfish. Except for fish and shellfish allow all to rest for at least 3 minutes.

→ **140° F**-Fully Cooked Ham (to reheat)

Safe Minimum Internal Cooking Temperatures

Source: USDA, Food Safety & Inspection Services



BAHFSA

THE BAHAMAS AGRICULTURAL HEALTH & FOOD SAFETY AUTHORITY