Cooking Temperatures

Cooking foods to the wrong temperature may cause foodborne illness.

**Minimum Safe Internal Temperatures**

- **165°F**: Poultry, Stuffed foods, Reheated leftovers to be held hot, Mixed foods (stews, casseroles, etc.), Foods cooked in the microwave.
- **155°F**: Ground beef, Ground pork.
- **145°F**: Whole beef, Whole pork, Whole lamb, Fish, Shellfish.
- **135°F**: Vegetables, Precooked foods, Commercially processed ready-to-eat food (hot dogs).

*After food is fully cooked, it must be held hot at 135°F or above.*

**DANGER ZONE**: 41°F - 135°F

NEVER keep cooked food at room temperature.

ALWAYS keep food out of the danger zone.

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