FOOD SAFETY COOKING CHART
Measure With Food Thermometer

Minimum Cooking Temperatures and Holding Times

165°F (Hold for 15 seconds)
- Poultry—chicken, turkey, duck, goose; whole, parts, or ground
- Soups, stews, stuffing, casseroles, mixed dishes
- All stuffed meat, including poultry, fish, and pasta
- Leftovers (to reheat)
- Food, covered, cooked in microwave oven (hold covered 2 minutes after removal)

155°F (Hold for 15 seconds)
- Hamburger, meatloaf, and other ground meats; ground fish
- Fresh eggs shelled, cooked, and held for service (such as scrambled)

145°F (Hold for 15 seconds)
- Beef, corned beef, pork, ham—roasts (hold for 4 minutes)
- Beef, lamb, veal, pork—steaks or chops
- Fish, shellfish
- Fresh eggs shelled, cooked, and served immediately

140°F (Hold for 15 seconds)
- Ham, other roasts—processed, fully cooked (to reheat)
- Fruits and vegetables that are cooked

Hot Holding
Cooked food may be held at 135°F or above for an indefinite time for service.
Cooked food may be held up to 4 hours below 135°F and then must be discarded.

Thawing and Storage
Thaw frozen food in the refrigerator. Keep meats and fish on the lower shelves of a refrigerator.

Do not allow meat juices to drip on other food.

Thermometer Testing
Food thermometers should be tested at least once a week, using ice-water slush. The food thermometer must indicate 32°F. If not, adjust the thermometer, if possible. Otherwise, the inaccurate thermometer must be discarded and replaced.

Hand Washing
Hand washing is very important to food safety. Hands should be washed under warm running water using liquid soap and using a nail brush, if possible. Rub hands together vigorously for at least 20 seconds. Dry with a disposable paper towel. Hands must always be washed after using the restroom and before and after food is handled.

This food safety chart must be prominently displayed in every camp kitchen and used as a resource by all food preparers. It is based on FDA and USDA codes for food service. Local codes prevail if they are stricter.