



# Cooking and Reheating Temperatures

Proper cook temperatures (*left*) and temperatures for other food tasks (*right*) must be reached in order to protect people from getting sick. Always use your thermometer to check temperatures and avoid the Temperature Danger Zone!

Cook*	Food Tasks
165°F	Reheating foods prepared onsite Cooking via microwave
155°F	
145°F	
135°F	Reheating commercially processed & ready-to-eat foods Hot holding
41°F	Cold holding

Temperature Danger Zone  
 41°F – 135°F



# Reheating

Leftover food items must be reheated to **165°F for 15 seconds.**

Reheat food from 41°F to 165F **within 2 hours.** If it takes longer, it must be thrown away.



## Tips

- ✓ Use a thermometer to check the temperature.
- ✓ If the reheated item will be used for hot holding, it must be held at 135°F or above.
- ✓ After use, follow safe steps for cooling and storage.



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# Cooking & Reheating Log

**Instructions:** Date, food item being cooked or reheated, and name of unit or description of location will be recorded onto the log. Indicate the internal temperature for the food item at completion of the cooking or reheating process. A food employee monitoring cooking or reheating temperatures will then initial and be verified by a manager.

*Poultry, stuffing (165°F/<1 second) | Ground meats, ground fish (155°F/17 seconds) | Eggs – later service (155°F/17 seconds) | Eggs – immediate service (145°F/15 seconds) | Beef, pork, lamb, veal (145°F/15 seconds) | Fish, shellfish (145°F/15 seconds)*

*TCS foods (Time/Temperature Control for Safety foods) → 165°F for 15 seconds  
Foods that are commercially processed & ready-to-eat → 135°F  
Fruits, vegetables, grains, legumes → 135°F*

Date	Time	Cooking or Reheating?	Food Item	Internal Temp (°F)	Corrective Action	Employee Initials/ Verified By	
9/1/16	12:30pm	<input checked="" type="checkbox"/> Cook <input type="checkbox"/> Reheat	Hamburger Beef Patty	158		CD	JS
		<input type="checkbox"/> Cook <input type="checkbox"/> Reheat					
		<input type="checkbox"/> Cook <input type="checkbox"/> Reheat					
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		<input type="checkbox"/> Cook <input type="checkbox"/> Reheat					

**Corrective Action Key:** (C) Continue cooking/reheating process until proper temperature reached (D) Discard food item & restart process



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