

## **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!** 

Temperature Danger Zone:		
Cook*		Food Tasks
Poultry (chicken, turkey, duck), stuffed meat, stuffed fish, stuffed pasta	165°F	Reheating foods prepared onsite Cooking via microwave
Ground meats, ground fish, eggs for later service	155° <b>F</b>	
Beef, pork, lamb, veal, fish, shellfish, eggs for immediate service	145°F	
Vegetables, fruits, grains, legumes	135°F	Temberature Danger Zone Tage Free data to the former commercially Processed & ready-to-eat foods Hot holding
	41°F	Cold holding
		Fairfax County Health Department A Fairfax County, Va., publication. Sept. 2022. To request this information in an alternate format,



