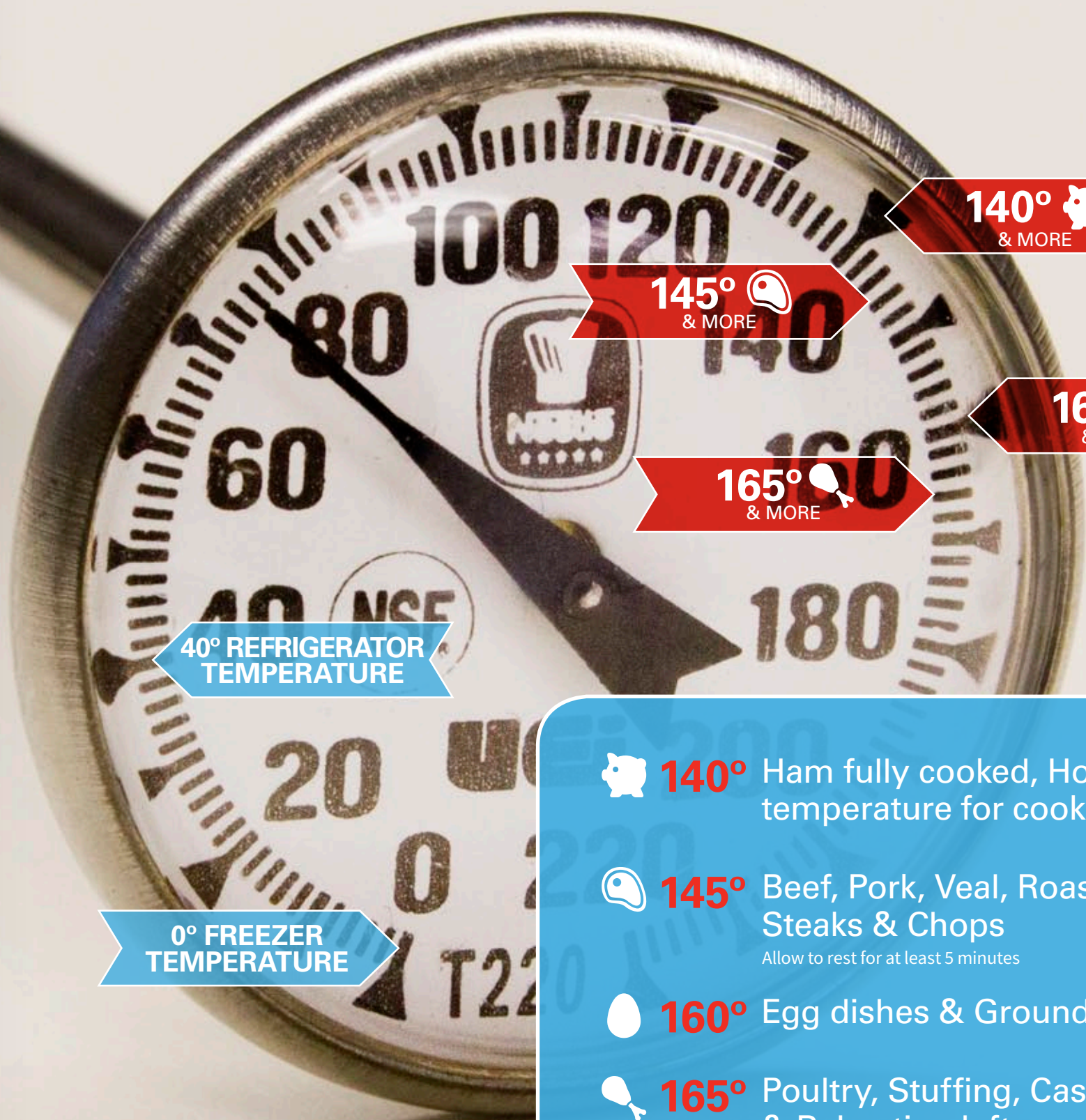


# MINIMUM INTERNAL TEMPERATURE FOR SAFETY



140°   
& MORE

145°   
& MORE

160°   
& MORE

165°   
& MORE

40° REFRIGERATOR  
TEMPERATURE

0° FREEZER  
TEMPERATURE

-  **140°** Ham fully cooked, Holding temperature for cooked food
-  **145°** Beef, Pork, Veal, Roast, Steaks & Chops  
Allow to rest for at least 5 minutes
-  **160°** Egg dishes & Ground meat
-  **165°** Poultry, Stuffing, Casseroles & Reheating leftovers



**Sullivan University**

National Center for Hospitality Studies

For more culinary tips, visit [sullivan.edu/hospitalityeducator](http://sullivan.edu/hospitalityeducator)