

Philadelphia Department of Public Health  
Office of Food Protection

**SAFE FOOD TEMPERATURE GUIDE**  
(All temperatures are internal food product temperatures.)

<b>I. <u>FOOD PRODUCT</u></b>	<b><u>CONVENTIONAL COOKING</u></b>	<b><u>MICROWAVE COOKING</u> **</b>
A. FRUITS & VEGETABLES	140°F. *	140°F.
B. INTACT BEEF STEAK	140°F. *	165°F.
C. EGGS (COOKED TO ORDER)	145°F. *	165°F.
D. OTHER (FISH & MEATS)	145°F. *	165°F.
E. GROUND FISH OR MEAT	155°F. *	165°F.
F. GROUND BEEF	155°F. *	165°F.
G. PORK	155°F. *	165°F.
H. POULTRY, WILD GAME	165°F. *	165°F.
I. STUFFED MEATS & PASTAS	165°F. *	165°F.

\* Cooking temperatures must be maintained for 15 seconds or more.

II. **REHEATING TEMPERATURES** ALL FOODS 165° F. for 15 seconds.  
Conventional equipment must reach temperature within 2 hours.  
Microwave.\*\*

III. **COOLING**

- A. Cooked foods containing beef, pork, poultry, eggs, milk must be cooled to 41°F. or below **WITHIN 6 HOURS**. Cooling within 2 hours from 140°F. to 70°F required.
- B. Foods that are mixed together (such as salads) or canned products, such as tuna, must be cooled to 41°F. or below **WITHIN 4 HOURS**.

IV. **HOLDING TEMPERATURES**

After foods are cooked or reheated, they must be maintained at a temperature of 140°F. or above.

V. **REFRIGERATION**

- A. Refrigerated Food must be kept at 41°F. or below.
  - Readily perishable foods that are consumed raw (e.g. cut melon and seafood) must be kept at 41°F. or below.
  - SHELL EGGS must be kept at 45°F or below.
  - Pasteurized liquid, frozen, or dry eggs or egg products should be substituted for shell eggs in the preparation of foods that are not cooked.
- B. Frozen Food must be kept at 0°F. or below.

\*\* Microwave cooking and reheating require that foods be covered, continuously rotated or stirred or stirred midway through the process and allowed to stand covered for an additional two (2) minutes after the process.