

# Temperature and Time Requirements for Foods

Temperature and time are the most important factors for controlling growth of disease-causing bacteria in food. This fact sheet will help foodworkers use time and temperature to ensure safe food and reduce the risk of foodborne illness.

## Temperature danger zone

- Temperature danger zone is between 41°F and 140°F.
- Keep hot food hot and cold food cold. Always use a thermometer to check food temperatures.
- Potentially hazardous foods must pass through the temperature danger zone as quickly as possible.

## Cooking raw animal foods

The table below shows minimum cooking requirements for some common raw animal foods.

Food	Internal Temperature and Time
Poultry Wild game Stuffed fish, meat, pasta or poultry Stuffing containing fish, meat or poultry	165°F for 15 seconds
Chopped or ground meat, fish, and commercially raised game Pork Ratites Injected or tenderized meats Eggs for hot holding	155°F for 15 seconds or 150°F for 1 minute or 145°F for 3 minutes
Fish Meat Commercially raised game Eggs for immediate service	145°F for 15 seconds

The *Cooking Beef and Corned Beef Roasts* fact sheet summarizes cooking requirements based on oven type and weight of roast.

[www.health.state.mn.us/divs/eh/food/fs/roasts.html](http://www.health.state.mn.us/divs/eh/food/fs/roasts.html)

## Cooling foods

- Cool hot foods from 140°F to 70°F within two hours and to 41°F within four hours of reaching 70°F.
- The faster foods are cooled, the better.

## Cold holding foods

- Maintain cold foods at 41°F or below.
- Frozen foods must remain frozen.

## Hot holding foods

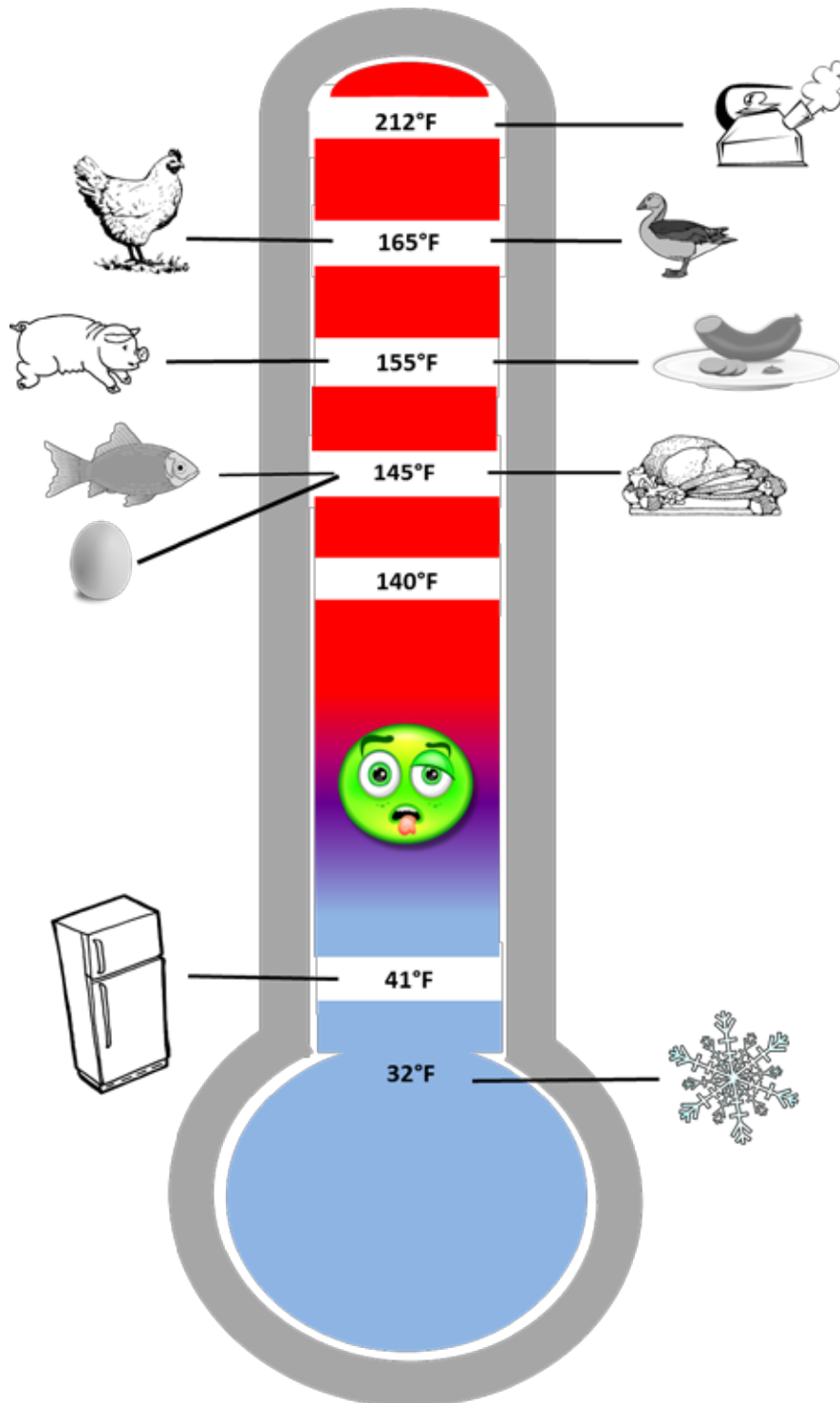
- Maintain hot foods at 140°F or above.
- Properly cooked roasts may be held at 130°F or above.

## Reheating foods

- Food made in-house and reheated for hot holding must reach an internal temperature of at least 165°F for 15 seconds.
- Food made in a food processing plant, opened in the food establishment, and reheated for hot holding must reach a temperature of 140°F.
- Reheat foods rapidly, within two hours.
- Food that has been cooked and cooled properly may be served at any temperature if it is going to be served immediately.

## Temperature and Time Requirements for Foods- Page 2

Always use an accurate food thermometer to make sure foods are cooked to and held at these safe temperatures.



### Microwave cooking and reheating

If cooking or reheating foods in a microwave, heat all parts of the food to 165°F. Cover and rotate or stir the food during the process. Afterwards, allow the covered food to stand for two minutes before serving.

### For More Information

Contact the Washington County Department of Public Health and Environment 651-430-6655.

#### Email:

[Phe@co.washington.mn.us](mailto:Phe@co.washington.mn.us)

#### Web Resources:

#### Food Business Fact Sheets:

[www.health.state.mn.us/divs/eh/food/fs/index.html](http://www.health.state.mn.us/divs/eh/food/fs/index.html)

#### Food Business Safety:

[www.health.state.mn.us/divs/eh/food/](http://www.health.state.mn.us/divs/eh/food/)