

Food Safety Tips – Minimum Internal Temperatures

Cooking raw meat, poultry, seafood, and other foods to a safe minimum internal temperature is an extremely effective tool to reduce the possibility of foodborne illness. Always use a food thermometer to check that your food has reached a safe minimum internal temperature that will kill harmful germs. Some meats will also need a rest time after cooking because it allows the innermost parts and juices to become fully and safely cooked.

Food	Type	Internal Temperature (°F)
Beef, bison, veal, goat, and lamb	Steaks, roasts, chops	145°F; Rest time: 3 minutes
	Ground meat and sausage	160°F
Casseroles	Meat and meatless	165°F
Chicken, turkey, and other poultry	All: whole bird, breasts, legs, thighs, wings, ground poultry, giblets, sausage, and stuffing inside poultry	165°F
Eggs	Raw eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160°F
	Casseroles (containing meat and poultry)	165°F
Ham	Raw ham	145°F; Rest time: 3 minutes
	Precooked ham (to reheat)	165°F
	Precooked ham (to reheat), packaged in USDA-inspected plants	140°F
Leftovers	Any type	165°F
Pork	Steaks, roasts, chops	145°F; Rest time: 3 minutes
	Ground meat and sausage	160°F
Rabbit and venison	Wild or farm-raised	160°F
Seafood	Fish (whole or filet), such as salmon, 'ahi, mahimahi, moi, uhu, mullet, 'opakapaka, etc.	145°F, or cook until flesh is no longer translucent and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

Source: [foodsafety.gov](https://www.foodsafety.gov)

Leaving food out for too long at room temperature can cause bacteria to grow to dangerous levels that can cause illness. Bacteria multiplies rapidly in the range of temperatures between 40°F and 140°F, also known as the “Danger Zone,” doubling in number in as little as twenty minutes. Never leave food out of refrigeration for over two hours, and if the room temperature is over 90°F, food should not be left out for more than one hour. Please also check the temperature of your refrigerator; it should always be at 40°F or below and your freezer should always be at 0°F or below.