

Cook it Safely!



Cooking food to the proper internal temperature is one of four key steps to "Fight BAC!"™ and prevent foodborne illness. "Cook It Safely" – in September and every day of the year.



MINIMUM SAFE INTERNAL COOKING TEMPERATURES FOR FOODSERVICE

Product	Temp.	Time
Poultry, stuffing, stuffed meats, stuffed pasta, casseroles, field-dressed game	165°F (74°C)	15 seconds
Pork, ham, bacon	145°F (63°C)	15 seconds
Ground or flaked meats including hamburger, ground pork, flaked fish, ground game animals, sausage, injected meats, gyros	155°F (69°C)	15 seconds
Beef and pork roasts (rare)	145°F (63°C)	3 minutes
Beef steaks, veal, lamb, commercially raised game animals	145°F (63°C)	15 seconds
Fish	145°F (63°C)	15 seconds
Shell eggs for immediate service	145°F (63°C)	15 seconds
Raw animal foods cooked in a microwave oven (Rotate or stir throughout or midway during cooking to distribute heat evenly; cover to retain moisture.)	165°F (74°C)	Let stand for 2 minutes after cooking

From the FDA Food Coc

U.S. Food and Drug Administration
U.S. Department of Agriculture



National Food Safety Education MonthSM was created by the International Food Safety Council, a restaurant and foodservice industry coalition committed to food safety education.

Fight BAC!™



Cook food to proper temperature