

Basics for Handling Food Safely

Safe Cooking Temperatures Chart

Category	Food	Internal Food Temperature (°F)	Hold Time
Stuffed Foods	Stuffed Meat Stuffed Fish Stuffed Pasta Stuffed Turkey, Chicken, Duck Stuffing containing meat, fish or poultry	165	15 seconds
Poultry (not stuffed)	Chicken & Turkey, whole Poultry breasts, roasts Poultry thighs, legs, wings Duck & Goose	165	15 seconds
Ground, Chopped, Meat & Meat Mixtures	Ground Beef, Veal, Lamb Ground Pork Ground Chicken or Turkey Ground Duck	155	15 seconds
Whole Meats and Fish	Beef, Veal, Lamb, Commercial Raised Game, Fin Fish, Pork	155	15 seconds
		145	3 minutes
		150	1 minute
		158	1 second
Whole Roasts (according to label or time chart)	Beef, Pork, Ham	145	3 minutes
		140	12 minutes
		135	42 minutes
		130	112 minutes
Eggs & Egg Dishes	Eggs (raw shelled)	155	15 sec
	Egg dishes, casseroles	160	Until firm
Leftovers(reheating of food)& Casseroles (reheated)	Leftovers	165	None
	Casseroles	165	None
Seafood	Shrimp, lobster, and crabs	Cook until flesh is pearly and opaque.	None
	Clams, oysters, and mussels	Cook until shells open during cooking.	None
	Scallops	Cook until flesh is milky white or opaque and firm.	None
Cooked Fruits and vegetables (if not immediately served)	Corn, beans, squash, etc.	135	None

Using a food thermometer is the best way to check food temperatures!



COLD STORAGE CHART

These time limits will help keep refrigerated food from spoiling or becoming dangerous to eat. Because freezing keeps food safe indefinitely, recommended storage times are for quality only.

Product	Refrigerator	Freezer
Eggs, or Liquid pasteurized eggs, egg substitutes		
Fresh, in shell	3 to 5 weeks	Do not freeze
Raw yolks & whites	2 to 4 days	1 year
Hard cooked	1 week	Does not freeze well
Opened- <i>Liquid pasteurized eggs, egg substitutes</i>	3 days	Does not freeze well
Unopened- <i>Liquid pasteurized eggs, egg substitutes</i>	10 days	1 year
Mayonnaise, Commercial		
Refrigerate after opening	2 months	Do not freeze
Frozen Dinners & Entrees		
Keep frozen until ready to heat	—	3 to 4 months
Deli & Vacuum-Packed Products		
Store-prepared (or homemade) egg, chicken, ham, tuna, & macaroni salads	3 to 5 days	Does not freeze well
Hot Dogs, Luncheon meat, Bacon, Sausage		
Opened package- <i>Hot dogs</i>	1 week	1 to 2 months
Unopened package- <i>Hot dogs</i>	2 weeks	1 to 2 months
Opened package- <i>Luncheon meat</i>	3 to 5 days	1 to 2 months
Unopened package- <i>Luncheon meat</i>	2 weeks	1 to 2 months
Bacon	7 days	1 month
Sausage, raw — from chicken, turkey, pork, beef	1 to 2 days	1 to 2 months
Sausage Smoked breakfast links, patties	7 days	1 to 2 months
Hard sausage — pepperoni, jerky sticks	2 to 3 weeks	1 to 2 months
Opened- <i>Summer sausage labeled "Keep Refrigerated"</i>	3 weeks	1 to 2 months
Unopened- <i>Summer sausage labeled "Keep Refrigerated"</i>	3 months	1 to 2 months
Corned Beef-<i>Summer sausage labeled "Keep Refrigerated"</i>		
Corned beef, in pouch with pickling juices- <i>Summer sausage labeled "Keep Refrigerated"</i>	5 to 7 days	Drained, 1 month
Ham		
Opened - <i>canned labeled "Keep Refrigerated"</i>	3 to 5 days	1 to 2 months
Unopened- <i>canned labeled "Keep Refrigerated"</i>	6 to 9 months	Do not freeze
Vacuum sealed at plant, undated, unopened- <i>Ham, fully cooked</i>	2 weeks	1 to 2 months
Vacuum sealed at plant, dated, unopened- <i>Ham, fully cooked</i>	"Use-By" date on	1 to 2 months
Whole- <i>Ham, fully cooked</i>	7 days	1 to 2 months
Half- <i>Ham, fully cooked</i>	3 to 5 days	1 to 2 months
Slices- <i>Ham, fully cooked</i>	3 to 4 days	1 to 2 months
Hamburger, Ground & Stew Meat		
Hamburger & stew meat	1 to 2 days	3 to 4 months
Ground turkey, veal, pork, lamb, & mixtures of them	1 to 2 days	3 to 4 months
Fresh Beef, Veal, Lamb, Pork		
Steaks	3 to 5 days	6 to 12 months
Chops	3 to 5 days	4 to 6 months
Roasts	3 to 5 days	4 to 12 months
Variety meats — tongue, liver, heart, kidneys, chitterlings	1 to 2 days	3 to 4 months
Pre-stuffed, uncooked pork chops, lamb chops, or chicken breasts stuffed with	1 day	Does not freeze well
Soups & Stews Vegetable or meat added	3 to 4 days	2 to 3 months
Fresh Poultry		
Chicken or turkey, whole	1 to 2 days	1 year
Chicken or turkey, pieces	1 to 2 days	9 months
Giblets	1 to 2 days	3 to 4 months
Cooked Meat and Poultry Leftovers		
Cooked meat & meat casseroles	3 to 4 days	2 to 3 months
Gravy & meat broth	3 to 4 days	2 to 3 months
Fried chicken	3 to 4 days	4 months
Cooked poultry casseroles	3 to 4 days	4 to 6 months
Poultry pieces, plain	3 to 4 days	4 months
Poultry pieces in broth, gravy	3 to 4 days	6 months
Chicken nuggets, patties	3 to 4 days	1 to 3 months
Other Cooked Leftovers		
Pizza, cooked	3 to 4 days	1 to 2 months
Stuffing, cooked	3 to 4 days	1 month

