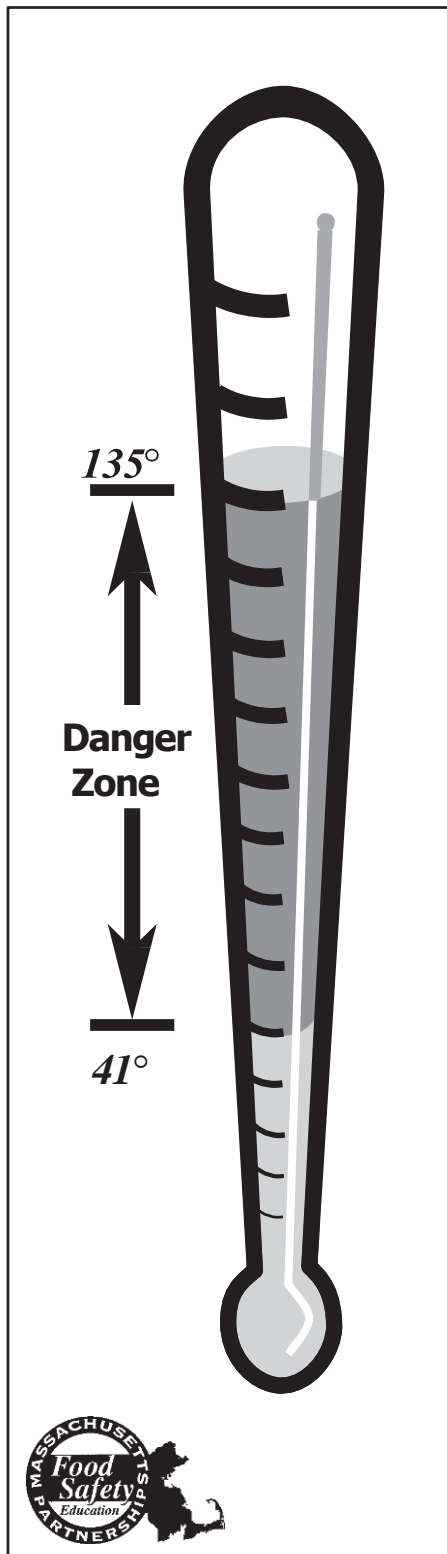


# Control Time & Temperature



**165°F Reheat *all foods***

**165°F Cook *for 15 seconds***

- Poultry, stuffed meats, stuffed fish, and stuffed pasta
- Stuffing containing meat, poultry, or fish
- Ground poultry or turkey
- Any animal food cooked in a microwave

**155°F Cook *for 15 seconds***

- Ground meats (beef and pork)
- Mechanically tenderized and injected meats, comminuted fish and meats
- Game meats
- Raw, pooled shell eggs

**145°F Cook *for 15 seconds***

- Fish, seafood, pork, beef (cubes, slices, etc.), veal, lamb, mutton
- Raw shell eggs for a single order

**145°F Cook *for 3 minutes***

- Whole roast beef, whole pork roasts and corned beef roasts

**135°F Hold**

- All hot foods

**135°F to 70°F Cool *all foods***

- within 2 hours

**70°F to 41°F**

- within 4 hours

United States Department of Agriculture cooperating. Developed by the UMass Extension Nutrition Education Program with support from the Massachusetts Department of Education in cooperation with the Massachusetts Partnership for Food Safety Education. UMass Extension provides equal opportunity in programs and employment. NU-0140:07/2002.



UMass  
Extension



Massachusetts Department of  
ELEMENTARY & SECONDARY  
EDUCATION