

# Prevent food-borne illness

## Cook food to a safe internal temperature:

Fish	70°C	(158°F)
Pork, pork products	71°C	(160°F)
Ground meats (not poultry)	71°C	(160°F)
Food mixtures with meat	74°C	(165°F)
Poultry, pieces or ground	74°C	(165°F)
Poultry, whole	82°C	(180°F)

Use a sanitized probe thermometer to check the temperature.



## Reheating food?

Heat to original cooking temperature for at least 15 seconds.

## Keep **hot food hot** and **cold food cold**:

Hot Food	60°C (140°F) or hotter
Cold Food	4°C (40°F) or colder
Frozen Food	-18°C (0°F) or colder

Never leave food for more than 2 hours in the Danger Zone. Harmful bacteria multiply quickly at these temperatures.

If in doubt, throw it out.

