

MEAT HEAT

HITTING THE HOT SPOT

Our **SAFE** internal **MINIMUM** temperature cooking guidelines.

These guidelines are meant to help you with your cooking. They are NOT definitive. Different people will enjoy their food cooked to personal preference and may choose to cook food at a higher temperature (in order to achieve ‘well done’ for example) but following these guideline temperatures will help prevent harmful bacteria in your cooked food.

Product	Min internal cooking temp & Rest Time
Beef, Pork, Veal & Lamb Steaks, Chops, Roast Joints	145° F (62.8° C) Allow to rest for 3 mins.
Ground Meats	160° F (71.1° C)
Ham (fresh or smoked – uncooked)	145° F (62.8° C) Allow to stand for 3 mins.
Fully cooked Ham (to re-heat)	140° F (60° C) for hams packaged in USDA inspected plants. 165° F (73.9° C) for all others
All Poultry (covers: breast, whole bird, legs, wings, thighs)	165° F (73.9° C)
Eggs	160° F (71.1° C)
Fish and Shellfish	145° F (62.8° C)
Casseroles	165° F (73.9° C)