Cooking Temperatures

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| **165°F**  (for 15 seconds) | Description: FWC Final Manual b&w | * Poultry (chicken and turkey) * Stuffed foods or stuffing * Casseroles * All raw animal products cooked in a microwave * All reheated potentially hazardous foods |
| **155°F**  (for 15 seconds) |  | * Hamburger * Sausage |
| **145°F**  (for 15 seconds) |  | * Eggs * Fish * Beef * Pork |
| **135°F** |  | * Vegetables that will be hot held * Packaged ready-to-eat foods (such as hot dogs and canned chili) that are heated for hot holding |

Note: Beef or pork roasts have additional cooking requirements.

Please see the Washington State Food Rule or contact your local health department for more information.



Potentially Hazardous Foods include:

Animal Products

* Meat, fish, poultry, seafood, eggs.
* Dairy products.

Cooked Starches

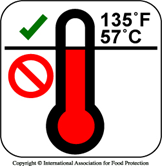
* Cooked rice, beans, pasta, potatoes.

Fruits and Vegetables

* Cooked vegetables.
* Tofu.
* Sprouts (such as alfalfa or bean sprouts).
* Cut melons, cut tomatoes, and
* Cut leafy greens.
* Garlic or herbs bottled in oil.



**Cold Holding Hot Holding**

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