

Recommended Refrigeration Temperatures for Food

Here are the recommended temperatures for refrigerating fresh foods to best keep the growth of bacteria down to a minimum:



Meat and Poultry – 33-36°F



Fish – 32-33°F (that's why it should always be sitting directly on a bed of ice)



Shellfish: Mollusks (clams, oysters, scallops) – 32-33°F



Shellfish: Crustaceans (live lobsters & crabs) – 45°F



Eggs – 38-40°F



Dairy (butter, hard & soft cheese, milk) – 38-40°F



Fruit and Vegetables – 38-40°F

Recommended Temperatures for Cooked Food

Here are the correct temperatures for cooked foods. You can cook them to higher internal temps, of course, but these are the minimum temperatures they need to reach with the holding times:



Reheating leftovers: 165°F (within 2 hours); 15 seconds



Poultry and Stuffing: 165°F; Turkey, Chicken, Duck, Goose (whole or ground); 15 seconds



Ground Beef: 155°F; Ground, Chopped Minced Meats (beef, pork, fish, or other meat); 15 seconds



Pork: 150°F; Chops; Roasts; 15 seconds



Beef: 145°F; Steaks, Roasts; 15 seconds



Lamb: 145°F; Steaks, Chops; 15 seconds



Seafood: 140°F; Shellfish, Lobster, Crab, Shrimp; Fish (145°F), 15 seconds



Rare Beef: 130°F (this is for steaks and roast beef, it's not recommended, but many people eat their beef cooked rare to medium rare, so the board of health gives this range.)

Vegetables, Soups, Ready-to-Eat Foods (Commercially Processed): 135°F (or higher)

Shell Eggs (cooked to order) 145°F; 15 seconds

Shell Eggs (cooked in bulk) 155°F; 15 seconds

Injected Meats (Brined Ham, Injected Roasts); 155°F; 15 seconds

Stuffing, Stuffed Foods (Fish, Meat, Poultry, Pasta); 165°F; 15 seconds

Combined Raw and Cooked Foods/Dishes Containing Eggs (Soups, Casseroles, Meatloaf, Quiche); 165°F; 15 seconds

Microwave Cooking (Rotate during cooking, let stand 2 minutes); 165°F; 15 seconds

Hot Holding (Ready-to-Eat Foods); 135°F; *check temperature every 2 hours

Cold Holding (Ready-to-Eat Foods); 41°F

Cold Storage 41°F

Dry Storage (6 inches off the floor); 50° – 70°F