

Is it **DONE?**



Alberta Health
Services

Safe internal temperatures



Steaks & Roasts	Fish	Pork	Ground Beef	Egg Dishes	Chicken Breasts	Whole Poultry
63°C 145°F	63°C 145°F	71°C 160°F	71°C 160°F	71°C 160°F	74°C 165°F	74°C 165°F

Cold holding
4°C
40°F

Hot holding
60°C
140°F

Reheating
74°C
165°F
within 2 hrs

Cooling
60°C → 4°C
140°F → 40°F
within 4 hrs