

Safe Reheating Temperatures



It's important to cook proteins and reheat foods to proper temperatures in order to minimize the risk of foodborne illness. It's also important not to overcook to keep the integrity of the product. Using a food thermometer is the best way to do this. Refer to this chart for final cooking temperatures. To temp an item properly, insert the thermometer into the thickest part of the food without touching the bone and wait for the reading to stabilize.



Food	Temperature
Ground Meat & Meat Mixtures	
Beef, pork, veal, lamb	160°
Turkey, Chicken	165°
Fresh Beef, Veal, Lamb	
Steaks, Roasts, Chops	145°
Poultry	
Chicken & Whole Turkey	165°
Poultry Breast/thighs	165°
Poultry wings	165°
Duck & Goose	165°
Stuffing	165°
Pork & Ham	
Fresh Pork	145°
Fresh Ham (raw)	145°
Precooked Ham (reheat)	140°
Eggs & Egg Dishes	
Eggs	Cook until yolk & white are firm
Egg Dishes	160°
Leftovers & Casseroles	
Leftovers	165°
Casseroles	165°
Seafood	
Fin Fish	145° or until flesh is opaque and separates easily with a fork
Shrimp, lobster & crab	Cook until flesh is pearly and opaque
Clams, oysters, & mussels	Cook until shells open during cooking
Scallops	Cook until flesh is milky white or opaque and firm