

SAFE MINIMUM INTERNAL TEMPERATURES

140 °F

(60 °C)

Fully Cooked Ham (to reheat)
(packaged in USDA-inspected plants)

145 °F

(62.8 °C)

Fish & Shellfish
Fresh Beef, Veal, & Lamb
(steaks, roasts, chops)

160 °F

(71.1 °C)

Ground Meats and Mixtures
(beef, pork, veal, lamb)
Eggs (Cook until yolk and white are firm);
Egg Dishes , Fresh Pork, Fresh Raw Ham

165 °F

(73.9 °C)

Poultry (breasts, whole bird, legs, thighs,
and wings, ground poultry, and stuffing)
Turkey , Fully Cooked Ham (to reheat)
(packed in non-USDA-inspected plants)
Duck & Goose, Leftovers, Casseroles



This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

The University of Mississippi is an EEO/AA/TitleVI/Title IX/Section 504/ADA/ADEA Employer.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights; Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

© 2018, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images.

For more information, please contact helpdesk@theicn.org.

03/29/2018