

## DEPARTMENT OF ENVIRONMENTAL HEALTH County of Riverside

INFORMATIONAL BULLETIN NO. 28-08-DES

DISTRICT ENVIRONMENTAL SERVICES DIVISION

### GUIDELINES FOR COOKING AND REHEATING FOODS

Studies show that inadequate cooking and reheating of foods are some of the most frequent factors responsible for causing foodborne illness outbreaks.

#### Cooking:

During cooking, the types of food listed in the chart below must reach these internal temperatures for at least the times specified to minimize bacterial growth. For hot holding purposes, these foods must be maintained at a temperature above 135°F. When checking the temperature of a food product, always use a metal-stemmed probe type thermometer, cleaned and sanitized between each use. Check the temperature in the thickest portion of the product.



#### REHEATING:

Failing to adequately reheat foods can also cause foodborne illness.

**Reheat all previously cooked foods to an internal temperature of at least 165°F for 15 seconds**

If reheated in the microwave, food must be covered, rotated or stirred, and allowed to stand covered for at least 2 minutes after reheating.

If food is going to be held hot, it must be reheated to 165°F rapidly (no longer than 2 hours) BEFORE being placed into a hot holding unit. Once it has been properly reheated and transferred to the hot holding unit, the food must be maintained at a minimum temperature of 135°F.

Ready-to-eat food from a hermetically sealed container or intact packages of food from an approved food processing plant only need to be reheated to 135°F for hot holding since the food has been commercially processed.



\*Document available in an alternate format upon request




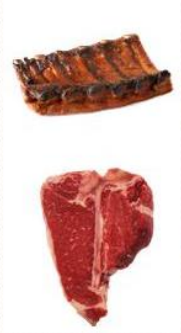




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## INTERNAL COOKING TEMPERATURES

**Use a Probe Thermometer to Take Internal Cooking Temperatures**

							
<b>Fruit and Vegetables</b>	<b>Eggs Cooked to Order</b>	<b>Fish</b>	<b>Single Piece Meat</b> (Beef, Veal, Lamb, Pork)	<b>Pooled Eggs</b>	<b>Ground Meat and sausage</b>	<b>Poultry and Stuffed Meat</b>	<b>Reheated Foods</b>
<b>135°F</b> for 15 seconds	<b>145°F</b> for 15 seconds	<b>145°F</b> for 15 seconds	<b>145°F</b> for 15 seconds	<b>155°F</b> for 15 seconds	<b>155°F</b> for 15 seconds	<b>165°F</b> for 15 seconds	<b>165°F</b> for 15 seconds

**Food temperature cannot be felt - use your probe thermometer!**