

FOOD SAFETY COOKING CHART

Measure With Food Thermometer

Minimum Cooking Temperatures and Holding Times

165°F (Hold for 15 seconds)

Poultry—chicken, turkey, duck, goose; whole, parts, or ground
Soups stews, stuffing, casseroles, mixed dishes
All stuffed meat, including poultry, fish, and pasta
Leftovers (to reheat)
Food, covered, cooked in microwave oven (hold covered 2 minutes after removal)

155°F (Hold for 15 seconds)

Hamburger, meatloaf, and other ground meats; ground fish
Fresh eggs shelled, cooked, and held for service (such as scrambled)

145°F (Hold for 15 seconds)

Beef, corned beef, pork, ham—roasts (hold for 4 minutes)
Beef, lamb, veal, pork—steaks or chops
Fish, shellfish
Fresh eggs shelled, cooked, and served immediately

140°F (Hold for 15 seconds)

Ham, other roasts—processed, fully cooked (to reheat)
Fruits and vegetables that are cooked

Cooling

Cooked food should be cooled from 135°F to 70° F within 2 hours and from 70°F to 41° to 45°F within 4 hours. Cool foods in shallow pans (3 inches deep or less).

Cooked chicken parts should be one-deep on trays. Spread out the trays in a refrigerator or freezer. **Do not** cool food in cooking pots.

Hot Holding

Cooked food may be held at 135°F or above for an indefinite time for service.

Cooked food may be held up to **4 hours** below 135°F and then must be **discarded**.

Thawing and Storage

Thaw frozen food in the refrigerator. Keep meats and fish on the lower shelves of a refrigerator.

Do not allow meat juices to drip on other food.

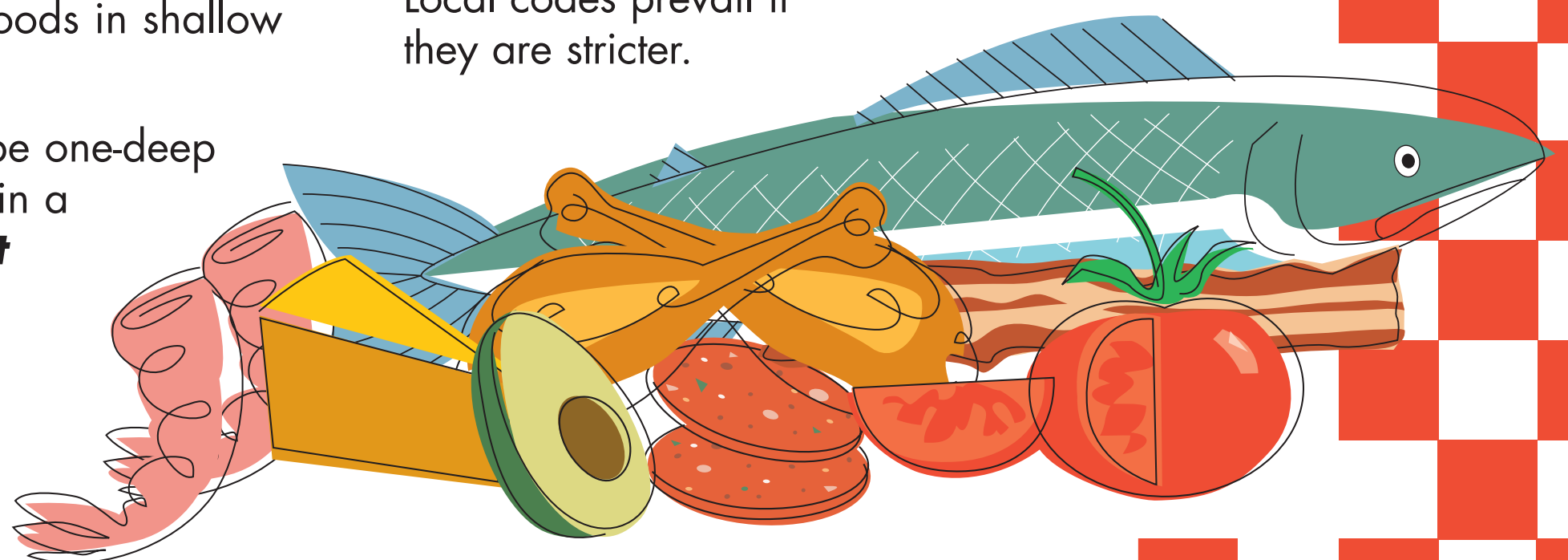
Thermometer Testing

Food thermometers should be tested at least once a week, using ice-water slush. The food thermometer must indicate 32°F. If not, adjust the thermometer, if possible. Otherwise, the inaccurate thermometer must be discarded and replaced.

Hand Washing

Hand washing is very important to food safety. Hands should be washed under warm running water using liquid soap and using a nail brush, if possible. Rub hands together vigorously for at least 20 seconds. Dry with a disposable paper towel. Hands must always be washed after using the restroom and before and after food is handled.

This food safety chart must be prominently displayed in every camp kitchen and used as a resource by all food preparers. It is based on FDA and USDA codes for food service. Local codes prevail if they are stricter.



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