

Facilitator Outline: Food Temperatures

❖ Objectives

- Overall goal: to teach participants the proper temperatures of various foods when cooking, holding, cooling and reheating.
- Participants will learn:
 - What to do when cooking food.
 - The internal cooking temperatures of different foods.
 - The proper steps for cooling and reheating food.

❖ Introduction

- Introduce the topic.
- Discuss the importance and purpose of the topic.
- Ask the participants to identify the internal cooking temperatures for some food samples.

❖ Discussion Points

- Review the handout.
- Review the internal cooking temperatures for foods that program prepares.
- Review holding temperature methods for hot and cold foods.
- Review methods for cooling and reheating foods.
- Demonstrate the proper way to take food temperatures.
 - Allow participants to practice.
- Demonstrate the proper way to cool food using an example, such as a soup or stew.
 - Allow participants to demonstrate this.

❖ Q&A

- Ask participants if anyone has any questions at the end of the training.

COOKING TEMPERATURES

Food	Minimum Internal Cooking Temperature
Poultry, stuffed meats, and stuffing containing meats	165 °F (for 15 seconds)
Ground meats, and foods containing ground meats	158 °F (for 15 seconds)
Pork and foods containing pork	155 °F (for 15 seconds)
Shell eggs and foods containing shell eggs	145 °F (for 15 seconds)
All other meats and fish (including: seafood, lamb, goat, etc.)	145 °F (for 15 seconds)
Leftovers	165 °F (for 15 seconds)

Information from NYC DOHMH Food Protection Training Manual.

HOLDING TEMPERATURES

HOT

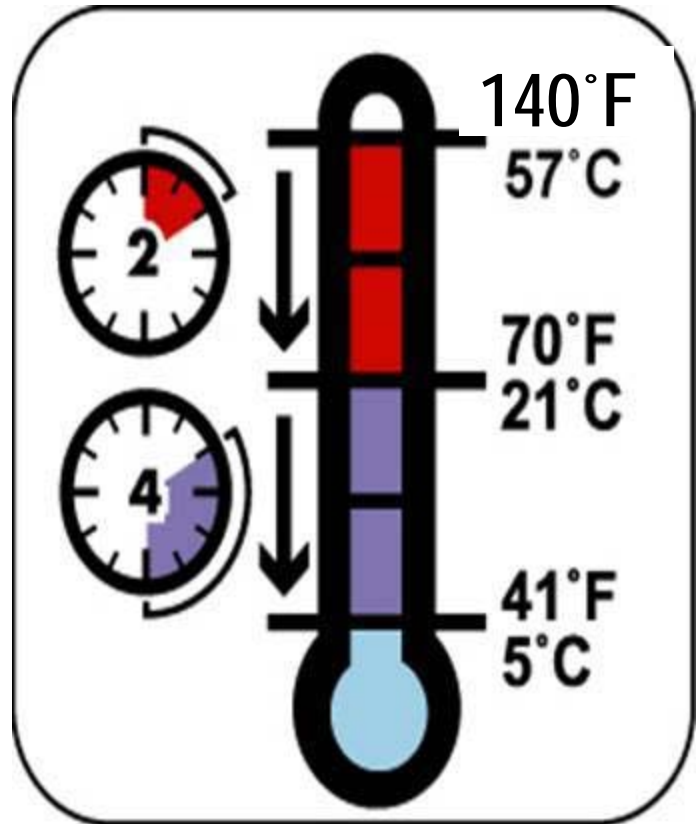
- Hot food should be held at **140°F or hotter**
- Stir food regularly to distribute heat
- Keep food covered to retain heat
- Check the food's internal temperature often
- Water used in steam table should be 180°F, before and during use
- Discard food that has not been maintained at 140°F or above

COLD

- Cold food should be held at **40°F or colder**
- Keep cold foods away from hot foods
- Refrigerate ingredients overnight to ensure that they are at the right temperature (**40°F or colder**) when holding and serving

COOLING

- Proper methods for cooling must be used to keep food safe
- Within 2 hours, temperature should decrease from 140° F to 70° F
- Within the following 4 hours, temperature should decrease from 70° F to 41° F
- Methods for cooling foods include:
 - Stirring soups, sauces, gravies, and chili while the container is in an ice water bath
 - Transferring hot foods to shallow pans with a depth of 4" or less and refrigerating



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REHEATING LEFTOVERS

- All leftovers must be appropriately cooled, labeled and dated
- Leftovers may be served for up to two days following the day food was prepared
- Once reheated, leftovers cannot be saved again
- Leftovers must be reheated to **165°F or higher** (for at least 15 seconds)
- As with all hot foods, properly reheated leftover foods must be held at 140°F or above during meal service