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**Safe Food Handling and
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Safe Minimum Internal Temperature Chart

Safe steps in food handling, cooking and storage are essential in preventing foodborne illness. You can't see, smell or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four guidelines to keep food safe:

- **Clean** — Wash hands and surfaces often.
- **Separate** — Separate raw meat from other foods.
- **Cook** — Cook to the right temperature.
- **Chill** — Refrigerate food promptly.

Additives in Meat and Poultry Products </food-safety/safe-food-handling-and-preparation/food-safety-basics/additives-meat-and-poultry>

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Cook all food to these minimum internal temperatures, as measured with a food thermometer, before removing food from the heat source. For reasons of personal preference, consumers may choose to cook food to higher temperatures.

Product	Minimum Internal Temperature and Rest Time
Beef, Pork, Veal and Lamb Steaks, Chops and Roasts	145 degrees F (62.8 degrees C) and allow to rest for at least 3 minutes
Ground Meats	160 degrees F (71.1 degrees C)
Ground Poultry	165 degrees F
Ham, Fresh or Smoked (Uncooked)	145 degrees F (62.8 degrees C) and allow to rest for at least 3 minutes
Fully Cooked Ham (to Reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 degrees F (60 degrees C) and all others to 165 degrees F (73.9 degrees C).
All Poultry (Breasts, Whole Bird, Legs, Thighs, Wings, Ground Poultry, Giblets and Stuffing)	165 degrees F (73.9 degrees C)
Eggs	160 degrees F (71.1 degrees C)
Fish & Shellfish	145 degrees F (62.8 degrees C)
Leftovers	165 degrees F (73.9 degrees C)
Casseroles	165 degrees F (73.9 degrees C)

Cleanliness Helps Prevent Foodborne Illness </food-safety/safe-food-handling-and-preparation/food-safety-basics/cleanliness-helps-prevent>

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Slow Cookers and Food Safety

At any time of year, a slow cooker can make life a little more convenient because by planning ahead, you save time later.

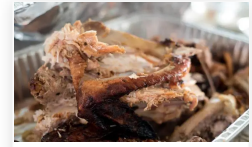
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Cleanliness Helps Prevent Foodborne Illness

Cleanliness is a major factor in preventing foodborne illness. Washing hands with warm water and soap for at least 20 seconds can help eliminate germs from your hands.

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Leftovers and Food Safety

Handle leftovers with care: make sure the food is cooked to a safe temperature and refrigerate any leftovers promptly.

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