



# Temperature Guide

Fahrenheit

## Cooking

Maintain temperatures for at least 15 seconds

- 165°** • poultry (chicken, duck, turkey, fowl)  
 • stuffing made with TCS foods (like broth)  
 • dishes made with previously cooked food

- 155°** • ground meat, seafood, and ostrich meat  
 • tenderized or marinated meat  
 • eggs for hot-holding

- 145°** • whole meat, including seafood  
 (for roasts, maintain 145° for 4 minutes)  
 • eggs for immediate service

- 135°** • commercially processed and  
 ready-to-eat food that will be hot held

## Reheating

- 165°** for food that will be hot held  
 • any temperature for food served immediately

## Hot Holding

**135°** or hotter

## Cold Holding

**41°** or colder

## Cooling

Step 1 **135° to 70°**  
in **2 hours**

Step 2 **70° to 41°**  
in **4 hours**


**6 hours total**


# Temperature Guide

Celsius

## Cooking

Maintain temperatures for at least 15 seconds

- 75°** • poultry (chicken, duck, turkey, fowl)  
 • stuffing made with TCS foods (like broth)  
 • dishes made with previously cooked food

- 70°** • ground meat, seafood, and ostrich meat  
 • tenderized or marinated meat  
 • eggs for hot-holding

- 65°** • whole meat, including seafood  
 (for roasts, maintain 65° for 4 minutes)  
 • eggs for immediate service

- 60°** • commercially processed and  
 ready-to-eat food that will be hot held

## Reheating

- 75°** for food that will be hot held  
 • any temperature for food served immediately

## Hot Holding

**60°** or hotter

## Cold Holding

**5°** or colder

## Cooling

Step 1 **60° to 20°**  
in **2 hours**

Step 2 **20° to 5°**  
in **4 hours**

**6 hours total**