



For Safety's Sake...

Keep Cold Foods **COLD** *and* Hot Foods **HOT!**

Departments of Food Science and Family & Consumer Sciences

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KEEP COLD FOODS COLD & HOT FOODS HOT !

COLD!

❖ **THAW FROZEN FOOD IN THE REFRIGERATOR.**

Do not thaw perishable foods on the counter at room temperature or in a sink full of water.

❖ **DON'T WAIT...REFRIGERATE.**

Don't leave hot foods on the counter or table to cool. Place foods in the refrigerator as soon as you have finished cooking or after you have finished eating. Hot foods do not put a strain on the refrigerator. Leaving them at room temperature for longer than two hours can be dangerous.

❖ **COOL LARGE QUANTITIES OF HOT FOOD QUICKLY**

Quickly cool hot food by placing large pots of food in an ice bath in the sink. Stir to cool then refrigerate in shallow pans not more than 2 inches deep for more rapid cooling.

❖ **KEEP THE REFRIGERATOR AT NO MORE THAN 38° F AND THE FREEZER AT NO MORE THAN 0°F.**

Place a thermometer in the refrigerator and freezer to assure they are cooling properly. Check the temperature every day.

❖ **HOLD and SERVE COLD FOODS AT 40°F OR COLDER.**

HOT!

❖ COOK FOODS TO SAFE TEMPERATURES.

Use a meat or probe thermometer to assure temperature of food, especially meat, is cooked to the correct temperature.

❖ MINIMUM INTERNAL TEMPERATURES:

Fresh ground beef, veal lamb, pork	160 °F
Beef, veal Lamb	145 °F
Fresh pork	160 °F
Ham	
fully cooked, to reheat	140 °F
cook before eating	160 °F
Poultry	
ground	165 °F
whole	180 °F
breast, roasts	170 °F
thighs & wings	180 °F
Stuffing	165 °F
Egg dishes and casseroles	160 °F
Leftovers	165 °F

- ❖ Once cooked or heated to the temperatures in the chart,
HOLD HOT FOODS AT 140 °F OR ABOVE until serving.
- ❖ REHEAT FOODS to at least 165 °F or until hot and steaming.
Soups and gravies should be brought to a rolling boil.

Materials in the **For Safety's Sake** series were produced by members of a special Food Safety Agent Resource Team and have been peer reviewed by individuals from Family & Consumer Sciences and The Food Science Department at North Carolina State University.

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