

Safe Food Temperatures for Cooking and Storing

Type of Food	Safe Temperature
Well-done Meats	170°F.
Reheated Leftovers; Poultry; Stuffing;	165°F.
Raw Eggs and Foods made with eggs; Ground Pork; Ground Beef;	160°F.
Roasts; Beef steak; Veal; Lamb; Pork (Whole cuts-Rest 3minutes after cooking)	145°F.
All cooked foods until eaten or refrigerated	140°F.
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Temperature in refrigerator	40°F. or lower
Temperature in freezer	0°F. or lower

Source: USDA