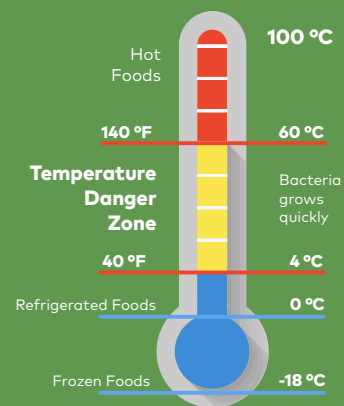


Essential Temperatures for Food Safety

Temperature Danger Zone (TDZ)

The Temperature Danger Zone is the temperature range where microorganisms grow very quickly. The TDZ is between 4 °C to 60 °C (40 °F to 140 °F).

Do not keep food in the TDZ for more than two hours (Ontario) or more than four hours (all other provinces and territories). Keep hot food hot (at or above 60 °C / 40 °F) and keep cold food cold (at or below 4 °C / 40 °F).



Cooking Temperatures

Cook food to a safe internal temperature to kill harmful germs that can make us sick.

Always use a food thermometer to make sure your food is fully cooked.

Below is a chart showing the safe cooking temperatures for different types of food.

Food Item	Minimum Internal Cooking Temperature
Whole poultry (e.g., whole chicken, duck, turkey)	82 °C (180 °F)
Poultry pieces, food mixtures and reheated foods (e.g., chicken wings, soups, stuffing in poultry)	74 °C (165 °F)
Whole cuts (e.g., beef, lamb, pork) and ground meats	71 °C (160 °F)
Fish	70 °C (158 °F)

Storage Temperatures

Storing food at the right temperature slows down the growth of harmful bacteria.

Use the chart below to find safe storage temperatures for shelf-stable, cold and frozen foods.

Food Item	Storage Temperature
Shelf-stable foods	In the pantry, 10 °C to 21 °C (50 °F to 70 °F)
Cold foods	In the fridge, 0 °C to 4 °C (32 °F to 40 °F)
Frozen foods	In the freezer, -18 °C or below (0 °F or below)