



Food Safety Fact Sheet

Cooking Temperatures

All food products containing raw animal foods like eggs, fish, meat, poultry, or any combination of these, must be sufficiently cooked until all potentially hazardous germs are destroyed. The minimum internal temperature at which pathogens are destroyed depends on the type of food being cooked. Use the following chart to determine doneness to ensure that the food products are safe for human consumption. Remember to use a food thermometer to check the internal temperature of the food before serving.

| Food Item | Minimum Temperature |
|--|---------------------|
| Fruits and vegetables cooked for hot holding | 135°F |
| Beef and pork roasts, beef steaks, veal, lamb and commercially-raised game animals | 145°F |
| Eggs cooked for immediate service | 145°F |
| Fish and foods containing fish | 145°F |
| Pork, including ham, bacon and injected meats | 145°F |
| Eggs cooked for later service | 155°F |
| Ground or flaked meats, including hamburger, ground pork, flaked fish, ground game animals or sausage | 155°F |
| Poultry and poultry products, including stuffing, stuffed meats, casseroles, and dishes combining raw and cooked foods | 165°F |
| Stuffed fish | 165°F |

Microwave Cooking

When cooking with a microwave oven, the Kansas Food Code requires that all potentially hazardous foods containing meat, poultry, fish or eggs be cooked to a minimum internal temperature of 165°F. In addition, these foods must be cooked according to the following standards:

- Rotated or stirred throughout or midway during the cooking process to compensate for uneven distribution of heat;
- Covered to retain surface moisture;
- Heated to an internal temperature of at least 165°F in all parts of the food; and
- Allowed to stand covered for 2 minutes after cooking to obtain temperature equilibrium.

Public Notice of Raw or Undercooked Foods

If a food establishment intends to sell raw or undercooked animal foods in a ready-to-eat form, the establishment must inform the consumer of risks associated with eating these foods. It must be through a consumer advisory in the form of a disclosure and a reminder. The consumer advisory must disclose the risky foods and advise the consumer of the risk and include the statement, “Consuming raw or undercooked foods may increase risk of foodborne illness.” See Food Safety Fact Sheet #2 for more guidance.