

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 food pathogens are destroyed. Food pathogens are germs found in food. The minimum internal temperature needed to destroy pathogens depends on the type of food being cooked. Use the following chart to determine minimum cooking time and temperature to ensure that the food products are safe for human consumption. If no time is listed, the temperature is an “instantaneous” temperature. Remember to use a food thermometer to check the internal temperature of the food before serving.

Food Item	Minimum Temperature*
Plant Foods such as Fruits and vegetables cooked for hot holding ¹	135°F
Intact, whole-muscle beef and pork roasts, beef steaks, veal, lamb and commercially-raised game animals	145°F for 15 seconds
Eggs cooked to order for immediate service	145°F for 15 seconds
Fish and foods containing fish	145°F for 15 seconds
Non-intact beef and pork, including ham, bacon, and tenderized/injected meats	155°F for 17 seconds or 158°F
Eggs pooled and cooked or cooked for later service	155°F for 17 seconds or 158°F
Ground or flaked meats, including hamburger, ground pork, flaked fish, ground game animals or sausage	155°F for 17 seconds or 158°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 all raw animal foods be:

- Rotated or stirred throughout or midway during the 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.

Consumer Advisory for Raw or Undercooked Foods

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

¹ Plant foods should be cooked per any manufacturer’s cooking or heating directions before any use.