

GOVERNMENT OF THE DISTRICT OF COLUMBIA
DEPARTMENT OF HEALTH
HEALTH REGULATION AND LICENSING ADMINISTRATION

Fact Sheet: Food Thermometers

Did You Know? Using a food thermometer is the only **RELIABLE** way to ensure safety and to determine desired doneness of meat, poultry, and egg products. To be safe, these foods must be cooked to a minimum internal temperature to destroy any harmful microorganisms that may be in the food.



FACT: You cannot tell by touching or looking at food if it is done, you must use a thermometer.

FACT: Thermometers placed inside (“warmest location”) refrigeration units are the only way to ensure the unit is functioning at 41° F or below.

FACT: Minimum cooking temperatures: Pork: 145° F; Chicken: 165° F; Eggs: 155° F; Ground meats: 155° F; Fish: 145° F; Steak: 155° F; Stuffed fish: 165° F; Stuffed pasta: 165° F; Reheated foods: 155° F

Recommendations

- All refrigeration units must have a thermometer present in the warmest location of the unit.
- Ensure that temperatures are taken when hot food is placed on the line for hot holding, hot foods must be held at 140° F or higher.
- Ensure that temperatures are taken when cold food is placed on the line for cold holding, cold food must be held at 41° F or below.