



Cochise County Environmental Health

Temperature and Time Requirements for Food

CONTROLLING GROWTH OF FOODBORNE PATHOGENS

Temperature Danger Zone

The temperature range at which disease-causing bacteria grow best in time/temperature control for safety food (TCS) is called the temperature danger zone.

- Temperature danger zone is between 41°F and 135°F.
- TCS food must pass through the temperature danger zone as quickly as possible.
- Keep hot food hot and cold food cold.
- Always use a thermometer to check food temperatures.

Cooling Food

Cool hot food from:

- 135°F to 70°F within two hours
AND
- 135°F to 41°F or below within a total of six hours.
- The faster food is cooled, the better.

Cold Holding Food

Maintain cold food at 41°F or below.

Frozen food must remain frozen.

Hot Holding Food

Maintain hot food at 135°F or above.

Cooking Raw Animal Food

The table below shows minimum requirements for some common raw animal food.

Raw animal food	Food Internal Temp and Time
<ul style="list-style-type: none"> • Poultry • Wild animals • Stuffed fish, meat, pasta or poultry • Stuffing containing fish, meat or poultry 	165°F for 15 seconds
<ul style="list-style-type: none"> • Chopped or ground meat, fish, and game animals • Injected or tenderized meats • Eggs for hot holding 	155°F for 15 seconds
<ul style="list-style-type: none"> • Fish • Whole muscle meat • Game animals • Eggs for immediate service 	145°F for 15 seconds
<ul style="list-style-type: none"> • Beef, pork or lamb roasts 	130°F for 121 minutes

Reheating Food

Reheated food must reach an internal temperature of at least 165°F for 15 seconds. Reheat food rapidly, within two hours.

Always use a food thermometer to verify the correct temperature is achieved.