

Food Safety Handout

Beef, Lamb, Pork and Veal Roasting

Minimum internal temperature = **145°F (63°C)**.

Allow to rest for at least **3 minutes**.

Type	Oven °F/°C	Timing
Beef		
Rib roast, bone-in 4 to 6 lbs.	325°F (163°C)	23 to 25 min/lb.
Rib roast, boneless 4 to 6 lbs.	325°F (163°C)	28 to 33 min/lb.
Round or rump roast 2 ½ to 4 lbs.	325°F (163°C)	30 to 35 min/lb.
Tenderloin roast, whole 4 to 6 lbs.	425°F (218°C)	45 to 60 minutes total
Lamb		
Leg, bone-in 5 to 7 lbs. 7 to 9 lbs.	325°F (163°C)	20 to 25 min/lb. 10 to 15 min/lb.
Leg, boneless, rolled 4 to 7 lbs.	325°F (163°C)	25 to 30 min/lb.
Shoulder roast 3 to 4 lbs.	325°F (163°C)	30 to 35 min/lb.
Fresh Pork		
Loin roast, bone-in or boneless 2 to 5 lbs.	350°F (177°C)	20 min/lb.
Crown roast 10 lbs.	350°F (177°C)	12 min/lb.
Tenderloin ½ to 1 ½ lbs.	425°F (218°C) - 450°F (232°C)	20 to 27 minutes total
Boston butt 3 to 6 lbs.	350°F (177°C)	45 min./lb.
Ribs 2 to 4 lbs.	350°F (177°C)	1 ½ to 2 hours (or until fork tender)

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Allow to rest for at least **3 minutes**.

Type	Oven °F/°C	Timing
Veal		
Rib roast 4 to 5 lbs.	325°F (163°C)	25 to 27 min/lb.
Loin 3 to 4 lbs.	325°F (163°C)	34 to 36 min/lb.

Safe Minimum Internal Temperature Chart for Cooking

Food	Type	Internal Temperature (°F/°C)
Beef, bison, veal, goat, and lamb	Steaks, roasts, chops	145°F (63°C) Rest time: 3 minutes
	Ground meat and sausage	160°F (71°C)
Casseroles	Meat and meatless	165°F (74°C)
Chicken, turkey, and other poultry	All: whole bird, breasts, legs, thighs, wings, ground poultry, giblets, sausage, and stuffing inside poultry	165°F (74°C)
Eggs	Raw eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160°F (71°C)
	Casseroles (containing meat and poultry)	165°F (74°C)
Ham	Raw ham	145°F (63°C) Rest time: 3 minutes
	Precooked ham (to reheat)	165°F (74°C) Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F (60°C)
Leftovers	Any type	165°F (74°C)
Pork	Steaks, roasts, chops	145°F (63°C) Rest time: 3 minutes
	Ground meat and sausage	160°F (71°C)
Rabbit and venison	Wild or farm-raised	160°F (71°C)

Seafood	Fish (whole or filet), such as salmon, tuna, tilapia, pollock, bass, cod, catfish, trout, etc.	145°F (63°C) or cook until flesh is no longer translucent and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

Cold Food Storage

Food	Type	Refrigerator [40°F (4°C) or below]	Freezer [0°F (-18°C) or below]
Salad	Egg, chicken, ham, tuna, and macaroni salads	3 to 4 days	Does not freeze well
Hot dogs	Opened package	1 week	1 to 2 months
	Unopened package	2 weeks	1 to 2 months
Luncheon meat	Opened package or deli sliced	3 to 5 days	1 to 2 months
	Unopened package	2 weeks	1 to 2 months
Bacon and sausage	Bacon	1 week	1 month
	Sausage, raw, from chicken, turkey, pork, or beef	1 to 2 days	1 to 2 months
	Sausage, fully cooked, from chicken, turkey, pork, or beef	1 week	1 to 2 months
	Sausage, purchased frozen	After cooking, 3-4 days	1-2 months from date of purchase
Hamburger, ground meats and ground poultry	Hamburger, ground beef, turkey, chicken, other poultry, veal, pork, lamb, and mixtures of them	1 to 2 days	3 to 4 months
Fresh beef, veal, lamb, and pork	Steaks	3 to 5 days	4 to 12 months
	Chops	3 to 5 days	4 to 12 months
	Roasts	3 to 5 days	4 to 12 months

Ham	Fresh, uncured, uncooked	3 to 5 days	6 months
	Fresh, uncured, cooked	3 to 4 days	3 to 4 months
	Cured, cook-before-eating, uncooked	5 to 7 days or "use by" date	3 to 4 months

Food	Type	Refrigerator [40°F (4°C) or below]	Freezer [0°F (-18°C) or below]
	Fully-cooked, vacuum-sealed at plant, unopened	2 weeks or "use by" date	1 to 2 months
	Cooked, store-wrapped, whole	1 week	1 to 2 months
	Cooked, store-wrapped, slices, half, or spiral cut	3 to 5 days	1 to 2 months
	Country ham, cooked	1 week	1 month
	Canned, labeled "Keep Refrigerated," unopened	6 to 9 months	Do not freeze
	Canned, shelf-stable, opened Note: An unopened, shelf-stable, canned ham can be stored at room temperature for 2 years.	3 to 4 days	1 to 2 months
	Prosciutto, Parma or Serrano ham, dry Italian or Spanish type, cut	2 to 3 months	1 month
Fresh poultry	Chicken or turkey, whole	1 to 2 days	1 year
	Chicken or turkey, pieces	1 to 2 days	9 months
Fin Fish	Fatty Fish (bluefish, catfish, mackerel, mullet, salmon, tuna, etc.)	1 - 3 Days	2 - 3 Months
	Lean Fish (cod, flounder, haddock, halibut, sole, etc.)		6 - 8 Months

	Lean Fish (pollock, ocean perch, rockfish, sea trout.)		4 - 8 Months
Shellfish	Fresh Crab Meat	2 - 4 Days	2 - 4 Months

Food	Type	Refrigerator [40°F (4°C) or below]	Freezer [0°F (-18°C) or below]
	Fresh Lobster	2 - 4 Days	2 - 4 Months
	Live Crab, Lobster	1 day .	Not recommended
	Live Clams, Mussels, Oysters, and Scallops	5 - 10 Days	Not recommended
	Shrimp, Crayfish	3 - 5 Days	6 - 18 Months
	Shucked Clams, Mussels, Oysters, and Scallops	3 - 10 Days	3 - 4 Months
	Squid	1 - 3 Days	6 - 18 Months
Eggs	Raw eggs in shell	3 to 5 weeks	Do not freeze in shell. Beat yolks and whites together, then freeze.
	Raw egg whites and yolks Note: Yolks do not freeze well	2 to 4 days	12 months
	Raw egg accidentally frozen in shell Note: Toss any frozen eggs with a broken shell	Use immediately after thawing	Keep frozen, then refrigerate to thaw
	Hard-cooked eggs	1 week	Do not freeze
	Egg substitutes, liquid, unopened	1 week	Do not freeze
	Egg substitutes, liquid, opened	3 days	Do not freeze
	Egg substitutes, frozen, unopened	After thawing, 1 week or refer to "use by" date	12 months
	Egg substitutes, frozen, opened	After thawing, 3 to 4 days or refer to "use by" date	Do not freeze

	Casseroles with eggs	After baking, 3 to 4 days	After baking, 2 to 3 months
	Eggnog, commercial	3 to 5 days	6 months

Food	Type	Refrigerator [40°F (4°C) or below]	Freezer [0°F (-18°C) or below]
	Eggnog, homemade	2 to 4 days	Do not freeze
	Pies: Pumpkin or pecan	After baking, 3 to 4 days	After baking, 1 to 2 months
	Pies: Custard and chiffon	After baking, 3 to 4 days	Do not freeze
	Quiche with filling	After baking, 3 to 5 days	After baking, 2 to 3 months
Soups and stews	Vegetable or meat added	3 to 4 days	2 to 3 months
Leftovers	Cooked meat or poultry	3 to 4 days	2 to 6 months
	Chicken nuggets or patties	3 to 4 days	1 to 3 months
	Pizza	3 to 4 days	1 to 2 months

Refrigerated Food and Power Outages

Type of Food	Held above 40°F (4°C) for more than 2 hours
Meat, poultry, seafood	
Raw or leftover cooked meat, poultry, fish, or seafood; soy meat substitutes	Discard
Thawing meat or poultry	Discard
Salads: Meat, tuna, shrimp, chicken, or egg salad	Discard
Gravy, stuffing, broth	Discard
Lunchmeats, hot dogs, bacon, sausage, dried beef	Discard
Pizza with any topping	Discard
Canned hams labeled "Keep Refrigerated"	Discard
Canned meats and fish, opened	Discard

Casseroles, soups, stews	Discard
Cheese	
Soft cheeses: blue/bleu, Roquefort, Brie, Camembert, cottage, cream, Edam, Monterey Jack, ricotta, mozzarella, Muenster, Neufchatel, queso blanco, queso fresco	Discard
Hard cheeses: Cheddar, Colby, Swiss, Parmesan, provolone, Romano	Keep
Processed cheeses	Keep
Shredded cheeses	Discard
Low-fat cheeses	Discard
Grated Parmesan, Romano, or combination (in can or jar)	Keep
Dairy	
Milk, cream, sour cream, buttermilk, evaporated milk, yogurt, eggnog, soy milk	Discard

Type of Food	Held above 40°F (4°C) for more than 2 hours
Butter, margarine	Keep
Baby formula, opened	Discard
Eggs	
Fresh shell eggs, eggs hard-cooked in shell, egg dishes, egg products	Discard
Custards and puddings, quiche	Discard
Fruits	
Fresh fruits, cut	Discard
Fresh fruits, uncut	Keep
Fruit juices, opened	Keep
Canned fruits, opened	Keep
Dried fruits, raisins, candied fruits, dates	Keep
Sliced or shredded coconut	Discard
Sauces, Spreads, Jams	
Opened mayonnaise, tartar sauce, horseradish	Discard (if above 50°F (10°C) for more than 8 hrs)

Peanut butter	Keep
Jelly, relish, taco sauce, mustard, catsup, olives, pickles	Keep
Worcestershire, soy, barbecue, hoisin sauces	Keep
Fish sauces, oyster sauce	Discard
Opened vinegar-based dressings	Keep
Opened creamy-based dressings	Discard
Spaghetti sauce, opened	Discard
Bread, cakes, cookies, pasta, grains	
Bread, rolls, cakes, muffins, quick breads, tortillas	Keep
Refrigerator biscuits, rolls, cookie dough	Discard
Cooked pasta, rice, potatoes	Discard
Pasta salads with mayonnaise or vinaigrette	Discard
Fresh pasta	Discard

Type of Food	Held above 40°F (4°C) for more than 2 hours
Cheesecake	Discard
Breakfast foods: waffles, pancakes, bagels	Keep
Pies and pastry	
Cream filled pastries	Discard
Pies: Any with filling containing eggs or milk, e.g., custard, cheese-filled, or chiffon; quiche.	Discard
Fruit pies	Keep
Vegetables	
Fresh vegetables, cut	Discard
Fresh vegetables, uncut	Keep
Fresh mushrooms, herbs, spices	Keep
Greens, pre-cut, pre-washed, packaged	Discard
Vegetables, cooked	Discard
Tofu, cooked	Discard

Vegetable juice, opened	Discard
Baked potatoes	Discard
Commercial garlic in oil	Discard
Potato salad	Discard
Casseroles, soups, stews	Discard

Reference

Assistant Secretary for Public Affairs (ASPA. (2019, June 12). *Food Safety Charts*. [FoodSafety.gov](https://www.foodsafety.gov/food-safety-charts). <https://www.foodsafety.gov/food-safety-charts>