



Schenectady County Public Health Services

Important Numbers to Remember for Food Safety

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| 0°F | Storage temperature for frozen foods |
| 0°F-220°F | Temperature range for metal stem thermometer |
| 38°F | Storage temperature for smoked fish |
| 45 °F | Temperature for holding cold foods and storage temperature of eggs |
| 45°F-140°F | Danger Zone- bacteria grow rapidly |
| 130°F | Cooking temperature for rare roast beef |
| 140°F | Cooking temperature for beef, fish, and other meats |
| 140 °F | Temperature for holding hot foods |
| 150°F | Cooking temperature for pork and pork products |
| 158°F | Cooking temperature for ground meats |
| 165°F | Cooking temperature for poultry, stuffed meats and reheating |
| 4 inches | Recommended food depth when cooling most foods |
| 2 inches | Recommended food depth when cooling rice, potatoes, or other starch |
| 6 inches | Requirement for storage of food above floor |
| 20-30 minutes | Bacteria double in number under ideal conditions |
| 6 hours | Cooling time to bring foods down to 45°F (Reduce from 120°F to 70°F in first two hours; 70°F to 45°F in next four hours) |
| 5 pounds | Recommended portion size of meat to cool in correct amount of time |
| 170°F | Temperature required for proper sanitizing of dishes with hot water (for 30 seconds) |
| ½ oz./ 1 gal. | Amount of bleach used for proper sanitizer (5.25% sodium hypochlorite) |
| 90 days | Time required to keep shellfish tags on file |
| >19 seats | Bathrooms for customers are needed |