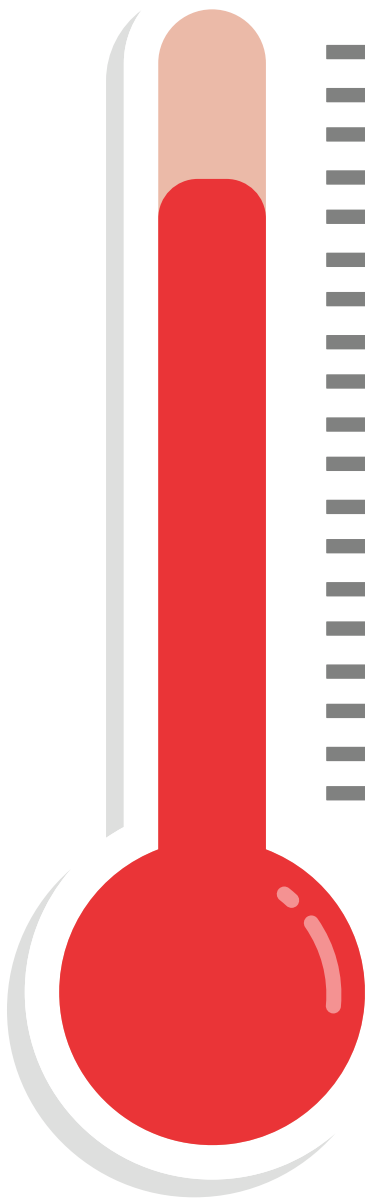# Food Safety

Food needs to be kept at certain temperatures to be safe to eat. Keep foods out of the temperature "danger zone" to make your food last longer, save money, and keep yourself healthy from food-borne illnesses.

165° F
Poultry, stuffing, casseroles, reheated leftovers

160° F
Egg dishes, ground meats

145° F
Fish, roasts, steaks, chops

40-145° F
The temperature "danger zone" where bacteria thrives.
We want to move food through this zone as quickly as possible!

40° F
Safest temperature to set your fridge

0° F
Safest temperature to set your freezer