



Cooking Temperatures

(Use a probe thermometer to check temperatures)

Product	Celsius	Fahrenheit
Ground Meat (other than poultry)	71	160
Food Mixtures	74	165
Eggs	63	145
Pork / Pork Products	71	160
Other Hazardous Foods	70	158
Poultry		
Chicken, whole	82	180
Turkey, whole	82	180
Poultry breasts / Ground Poultry	74	165
Stuffing (cooked alone or in bird)	74	165
Duck, goose, pheasant	82	180
Seafoods		
Fish, shellfish and other seafoods	70	158

Temperatures from Ontario Ministry of Health and Long Term Care

For more information call Health Connection Monday to Friday 8:30am to 6:00pm at 721-7520 (1-877-721-7520) or visit these websites:

Simcoe Muskoka District Health Unit

www.simcoemuskokahealth.org

Canadian Food Inspection Agency

www.inspection.gc.ca