Be Temperature Wise

Keep Food Safe

- Cook to proper temperatures.
- Use a food thermometer.

165°F All poultry (whole bird & parts)
160°F Meats medium, pork and ground meats, eggs and egg dishes
145°F Steaks and roasts, medium-rare
Cook fish until opaque and flakes easily with fork.

82°F Average Hawaii Temperature

212°F Keep foods out of the danger zone.
140°F Keep hot foods hot, and cold foods cold.
40°F
32°F
0°F

Note: These temperature recommendations are for consumers, not food service establishments.