FREE PRINTABLE

Kitchen Cheat Sheet

Safe temperatures and storage times

Tape this inside a cabinet door. It answers the questions that come up most while you cook.

Cook it to

Chicken and turkey Whole, pieces and ground	**165°F**
Ground beef, pork and sausage	**160°F**
Steaks, chops and roasts Beef, pork and lamb. Rest 3 minutes before cutting.	**145°F**
Fresh ham Rest 3 minutes	**145°F**
Fish Or until it flakes and is no longer translucent	**145°F**
Egg dishes Frittata, quiche, breakfast casserole	**160°F**
Leftovers and casseroles	**165°F**

Measure in the thickest part with an instant-read thermometer. Color and juices are not reliable signs.

Keep it cold

Refrigerator	**40°F or below**
Freezer	**0°F**
The 2-hour rule Refrigerate cooked food and leftovers within 2 hours, or 1 hour if it's above 90°F outside.	**2 hours**

Thaw it safely

- **In the fridge:** the safest way. A frozen turkey needs about 24 hours for every 4 to 5 pounds.
- **In cold water:** in a sealed bag, changing the water every 30 minutes. Cook it right away.
- **In the microwave:** cook it right away.
- **Never on the counter.**

How long it keeps

FOOD	IN THE FRIDGE	IN THE FREEZER
Raw chicken and turkey	**1 to 2 days**	**9 months (pieces), 1 year (whole)**
Raw ground meat	**1 to 2 days**	**3 to 4 months**
Raw steaks, chops and roasts	**3 to 5 days**	**4 to 12 months**
Bacon	**1 week**	**1 month**
Cooked meat and poultry	**3 to 4 days**	**2 to 6 months**
Soups and stews	**3 to 4 days**	**2 to 3 months**
Leftover pizza	**3 to 4 days**	**1 to 2 months**
Eggs in the shell	**3 to 5 weeks**	**Don't freeze**
Hard-boiled eggs	**1 week**	**Don't freeze**

Based on USDA and FoodSafety.gov guidance. Freezer times are for best quality. Food kept frozen at 0°F stays safe. More kitchen basics at thesavvybite.com