Safe cooking temperatures card (Health Canada chart)

A fridge-door card with Health Canada's safe internal temperatures for meat, poultry, fish, eggs and leftovers, plus a log of your own thermometer checks.

NAME _____ DATE _____

COOKING TEMPERATURES

Food (Health Canada safe internal temperature)	My reading	Date
Ground beef, pork, veal or lamb (burgers, sausages): 71°C (160°F)		
Beef, veal or lamb steaks and roasts: medium-rare 63°C, medium 71°C, well done 77°C		
Pork pieces and whole cuts (chops, roasts): 71°C (160°F)		
Chicken or turkey pieces, ground poultry, breaded nuggets: 74°C (165°F)		
Whole chicken or turkey: 82°C (180°F)		
Egg dishes (omelette, quiche, frittata): 74°C (165°F)		
Fish: 70°C (158°F)		
Shellfish (shrimp, crab, mussels, scallops): 74°C (165°F)		
Leftovers and hot dogs: 74°C (165°F)		

HOW TO CHECK

- [ ] Thermometer goes through the thickest part, to the middle, not touching bone
- [ ] Burgers: thermometer in through the side of the patty
- [ ] Each piece checked separately
- [ ] Thermometer washed in warm, soapy water before use
- [ ] Separate cutting boards for produce and raw meat

Keep cold food cold and hot food hot. If in doubt, check the Health Canada chart in the sources.

SOURCES (CHECKED 2026-11-27)

Health Canada's chart lists 71°C (160°F) for ground beef, pork, veal and lamb; 74°C (165°F) for poultry pieces, ground poultry, egg dishes, shellfish, leftovers and hot dogs; 82°C (180°F) for whole poultry; and 70°C (158°F) for fish. https://www.canada.ca/en/health-canada/services/general-food-safety-tips/safe-internal-cooking-temperatures.html (checked 2026-11-26)
Health Canada says to insert the thermometer through the thickest part of the meat, all the way to the middle, not touching any bone, and to check burgers through the side of the patty. https://www.canada.ca/en/health-canada/services/general-food-safety-tips/safe-internal-cooking-temperatures.html (checked 2026-11-26)