

# Reheat Foods Quickly & Safely

## KEY ELEMENTS:

- Reheat previously cooled foods to an internal temperature of 165 degrees F
- Rapid reheating is required
- Stir foods frequently to distribute the heat
- Measure the internal temperature with a thermometer
- After reaching 165 degrees F, the food must be held hot at 135 degrees F or above

## REHEATING METHODS

- Direct heat (stove top) is best
- Steam cookers, ovens, and microwaves may be used if reheating achieves 165 degrees F.
- Reheating in steam tables and crock pots is unsafe and discourages



**DO NOT MIX NEW/FRESH FOOD WITH LEFTOVER ITEMS**