Safe Temperatures to prevent food poisoning

100 °C
at boiling point bacteria will be destroyed

83 °C
the internal temperature of reheated food should reach 83 °C

72 to 100 °C
most bacteria are killed quickly at these temperatures

75 to 80 °C
poultry and meat are safest between these internal temperatures

63 °C
bacteria is gradually killed above this temperature

5 to 63 °C
never leave perishable foods in the danger zone for more than two hours

37 °C
ideal temperature for bacteria to grow

2 to 4 °C
stored food is safe at 4 °C for short periods of time but it's better stored at 2 °C

-18 °C
at deep freeze bacteria won't grow but may not die either