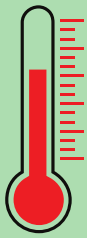


# REHEATING FOOD SAFELY

## SAFE REHEATING

- 🔥 Be mindful of the **danger zone** (5°C–63°C), bacteria grow rapidly in this range.
- 🔥 It's **not enough** to just warm food, reheat thoroughly until it's **steaming hot all the way through** to kill harmful bacteria.
- 🔥 Always **reheat food thoroughly** before placing into hot-holding equipment.



**Core temperature:**

at least 75°C for 30 seconds  
(or 82°C in Scotland)

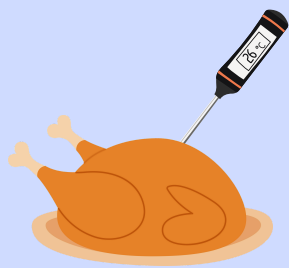
## CHECKING FOOD IS PROPERLY REHEATED

### VISUAL CHECK

- 🔥 Ensure food is steaming or piping hot all the way through.

### TEMPERATURE CHECK

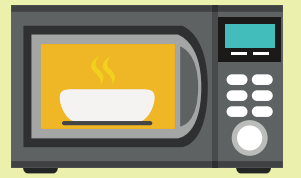
- 🔥 Use a clean **digital probe thermometer**.
  - Insert the tip into the **centre or thickest part** of the food.
  - The **core temperature** should reach at least 75°C for 30 seconds (or 82°C in Scotland).
  - **Clean & disinfect** before and after use. Use food-safe wipes (BS EN 1276 / BS EN 13697 compliant).
  - **Calibrate probe thermometer** regularly to ensure accuracy:
    - Iced water: -1°C to 1°C
    - Boiling water: 99°C to 101°C
    - Keep a calibration record.



## REHEATING METHODS

### MICROWAVE OVEN

- 🔥 Often the fastest method.
- 🔥 Heats unevenly, so bacteria can survive in cool spots.
- 🔥 Stir halfway and let stand to heat evenly.
- 🔥 Follow cooking or manufacturer's instructions



### OVEN / GRILL

- 🔥 Preheat as per cooking or manufacturer's instructions.
- 🔥 Place food on a baking sheet or grill pan.
- 🔥 Reheat until steaming hot all the way through.



### HOB

- 🔥 Ideal for liquids such as soups and sauces.
- 🔥 Reheat over medium heat and stir until steaming hot.



## EXTRA TIPS!

- 🔥 Only reheat food once.
- 🔥 Each time food passes through the danger zone (5°C–63°C), bacteria can multiply.
- 🔥 Reheating multiple times = higher food poisoning risk.

### RICE

- 🔥 Avoid reheating rice, try to cook it fresh. If reheating is essential, only reheat rice that has been quickly and safely cooled down and is being reheated within 24 hours of cooking and cooling. Reheat until the rice is steaming hot all the way through.

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by Natalie Stanton