

FOOD SAFETY TEMPERATURES YOU MUST KNOW

100°C ———
**BOILING
POINT**

75°C ———

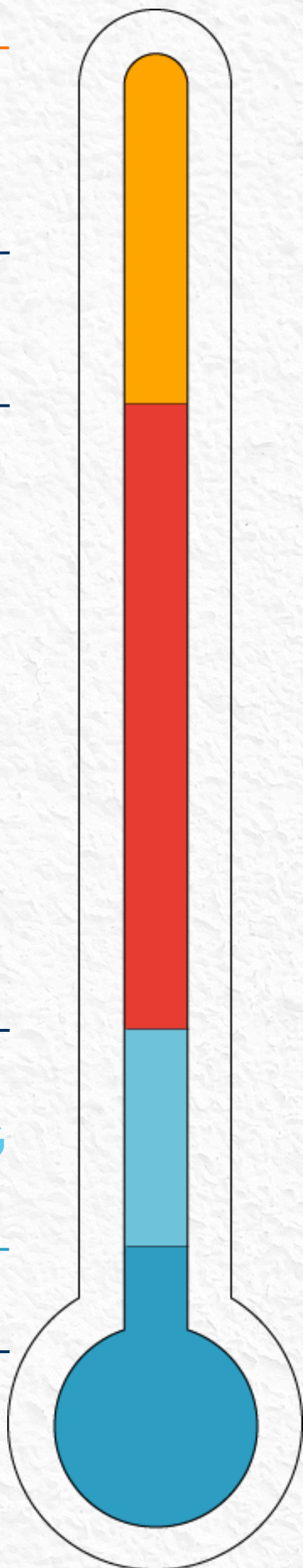
63°C ———

5°C ———

**FREEZING
POINT**

0°C ———

-18°C ———

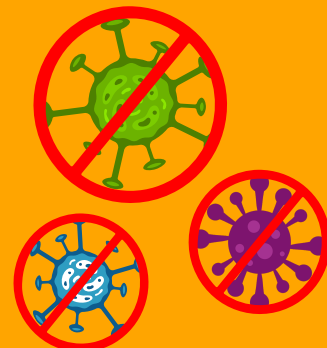


When calibrating a digital thermometer to check accuracy, you can use the boiling water method. The temperature should be between 99°C and 101°C.

HOT FOOD ZONE

Ensure food reaches 75°C or above for 30 seconds (or equivalent) in the core when cooking or reheating.

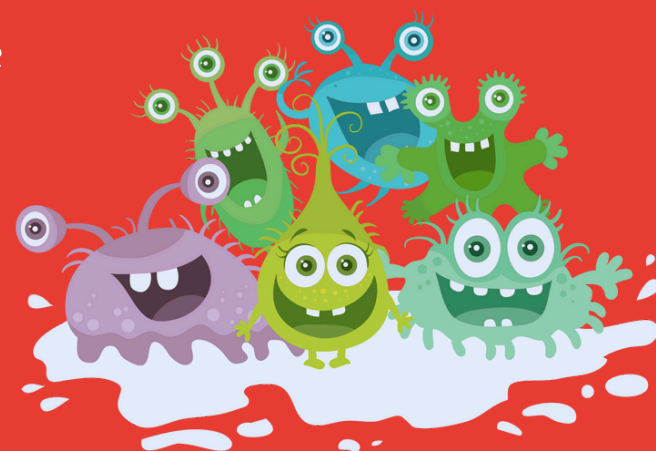
Food should be hot held at or above 63°C.



DANGER ZONE

5°C and 63°C is the temperature danger zone, bacteria can grow quickly in this range.

High-risk food that is left here for too long can become unsafe. So, heat or chill food quickly.



CHILLED FOOD ZONE

By law, high-risk food must be stored at 8°C or below. It's good practice to store high-risk food between 1°C and 5°C.

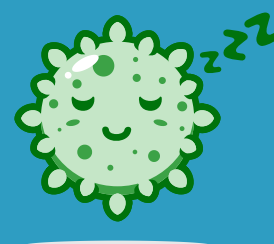


When calibrating a digital thermometer to check accuracy, you can use the ice water method. The temperature should be between -1°C and 1°C.

FROZEN FOOD ZONE

It is recommended that frozen food is stored at or below -18°C.

Bacteria are dormant when frozen (this means they don't grow, but they're not killed).



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