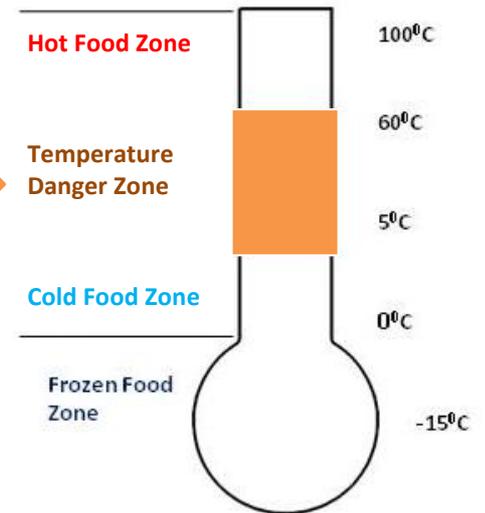


To keep food 'safe to eat' foods should be kept out of the temperature danger zone which is between 5°C and 60°C.

Between 5 °C and 60 °C the bacteria that cause food poisoning can multiply to dangerous levels



Cold storage:

- Fridge, esky and other cold storage temperatures should be less than 5 °C.
- Keep a thermometer in the cold storage to monitor the temperature.
- Freezers should be kept below -18°C.

Defrosting foods:

- Plan ahead. Foods can be defrosted in a covered container in the fridge.
- Smaller amounts of food can be defrosted in the microwave using the defrost setting.
- Foods should never be defrosted by placing in a container of hot water or leaving them on the bench top at room temperature. This exposes food to the temperature danger zone.



Cooking and heating:

- Heat foods all the way through to at least 60 °C.
- As outlined in the Australian New Zealand Food Standards Code, it is best practice to use a food thermometer to check the temperature has reached 60 °C or above.
- Only reheat foods once.
- Warmers are 'hot holding' devices and should be used to maintain the temperature at or above 60 °C. They should never be used to heat food.

Cooling cooked foods for storage:

- Cool foods down as quickly as possible.
- Divide cooked meals into shallow containers so that they cool down faster.
- Wait for steam to stop, and then place the food in the fridge or freezer.

Keep cold foods COLD- less than 5 °C
Keep hot foods HOT- above 60 °C.

If in doubt, throw it out!