



Important Temperatures To remember

Bacteria like warm conditions, especially room temperature. Food poisoning bacteria (pathogens) usually only grow between 5°C and 60°C. This temperature range is known as the 'DANGER ZONE' because food poisoning bacteria grow and multiply in it. The best way to stop food poisoning is by temperature control.

Above 60°C Most Bacteria start to die.

NOTE: Some bacteria form spores and survive and some spores survive temperatures of up to 100°C for up to two hours.



100 °CWater Boils

82°Cat or above **SANITISE**

75°Cat or above **REHEAT & COOK**

60°Cat or above **HOT HOLDING**

DANGER ZONE

BETWEEN 5°C AND 60°C

Temperature range where food poisoning bacteria grow and multiply rapidly.

5°C.....at or below **FRIDGE**
(or COOLROOM)
TEMPERATURE

0°C Water freezes

-15°C.....**FROZEN STORAGE**
Both poisoning and spoilage
bacteria are dormant