The Food Safety Information Council is Australia's leading disseminator of consumer-targeted food safety information and a health promotion charity.

For more information see www.foodsafety.asn.au

Temperature Danger Zone

Keep hot foods hot and cold foods cold

The temperature range between 5°C and 60°C is known as Temperature Danger Zone.

This is because in this zone food poisoning bacteria can grow to unsafe levels that can make you sick.

- Keep cooked food at 60°C or above
- Don't keep your food in the Temperature Danger Zone 5°C to 60°C for more than 2 hours
- Keep chilled food in the refrigerator at 5°C or below
- Keep frozen food in the freezer at -15°C or below