

# Temperature Danger Zone



Food safety at your fingertips

Keep hot foods **HOT**  
and cold foods **COLD**

The temperature range between 5°C and 60°C is known as the **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 -18°C or below

