

# 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



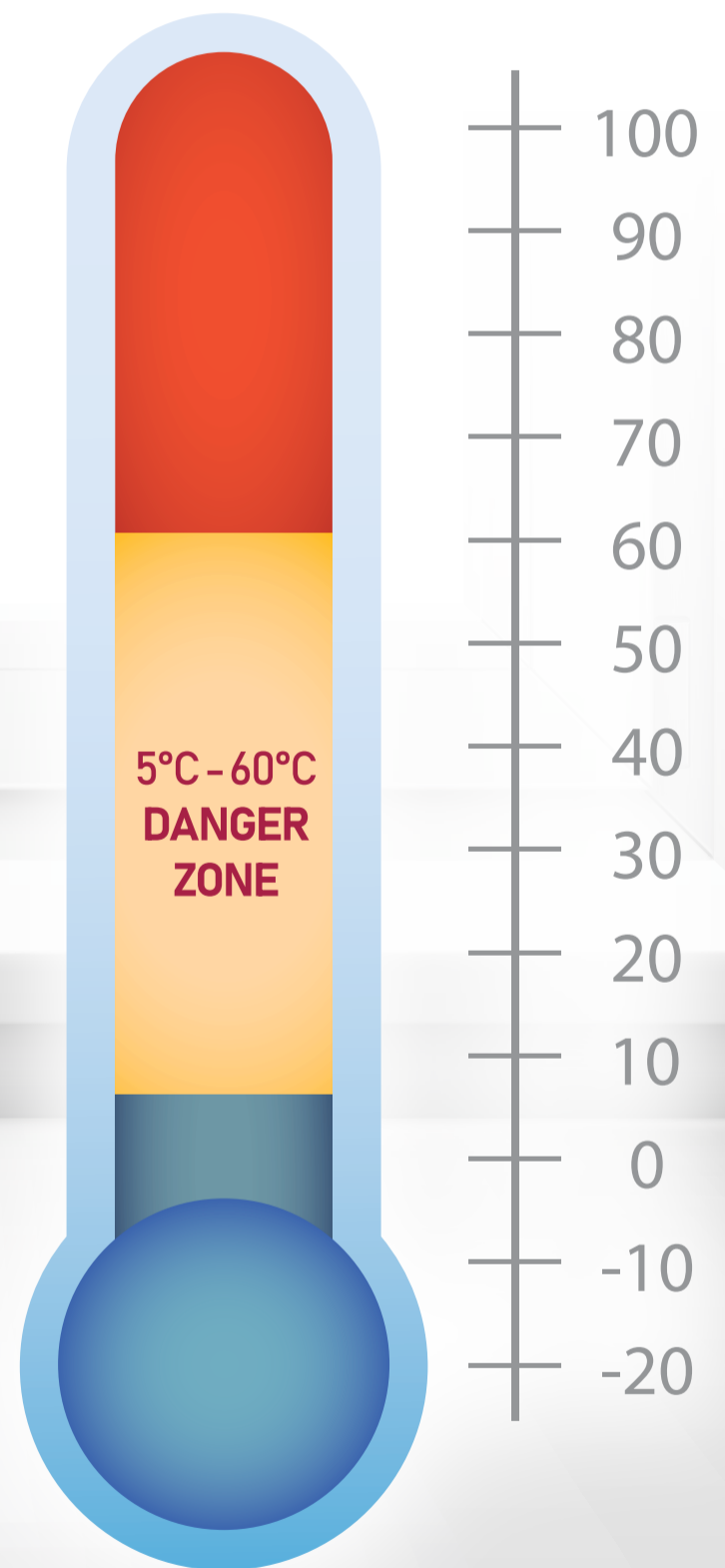
Don't keep your food in the Temperature Danger Zone 5°C to 60°C for more than 2 hours



Keep chilled food in the refrigerator at 5°C or below



Keep frozen food in the freezer at -18°C or below



**LOOK BEFORE YOU COOK**

Australian Food Safety Week  
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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](http://www.foodsafety.asn.au)



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