

COOKING

100°C
(212°F)

Bacteria die; spores and toxins may survive

74°C
(165°F)

Reheat food to 74°C or above

60°C
(140°F)

Hold foods hot at 60°C or above

DANGER
ZONE

**AVOID STORING POTENTIALLY
HAZARDOUS FOOD IN
THIS TEMPERATURE RANGE
4°C to 60°C
BACTERIA MULTIPLY RAPIDLY**

4°C
(40°F)

Store and thaw food at 4°C or below

*Most bacteria will survive but will not
multiply quickly*

0°C
(32°F)

Most bacteria will survive but not grow

-18°C
(0°F)

Freeze food to below -18°C for storage

STORAGE