

# FACT SHEET

## TEMPERATURE CONTROL

### TEMPERATURE DANGER ZONE

All potentially hazardous foods must be maintained at safe temperatures. Bacteria grow best between the temperatures of 5°C and 60°C, and this range is known as the "temperature danger zone".

Potentially hazardous foods are those foods which may already contain food poisoning bacteria, and have properties which are perfect for supporting their growth or producing toxins to levels which are unsafe when consumed.

#### Examples of potentially hazardous foods

- raw and cooked meat, or foods containing meat
- dairy products such as milk or custard
- seafood (excluding live seafood)
- cooked rice and pasta
- food containing protein rich foods such as eggs, nuts, beans and so on

#### Safe storage of potentially hazardous foods

All potentially hazardous foods are to be stored and displayed outside of the temperature danger zone. That means:

- all hot food is to be kept over 60°C
- all cold food is to be maintained at temperatures under 5°C
- all frozen foods should be stored at the temperature recommended by the manufacturer of the food

### THERMOMETERS

The Food Standards Code requires all food premises to have a working digital probe thermometer on site which is accurate to +/- 1°C.

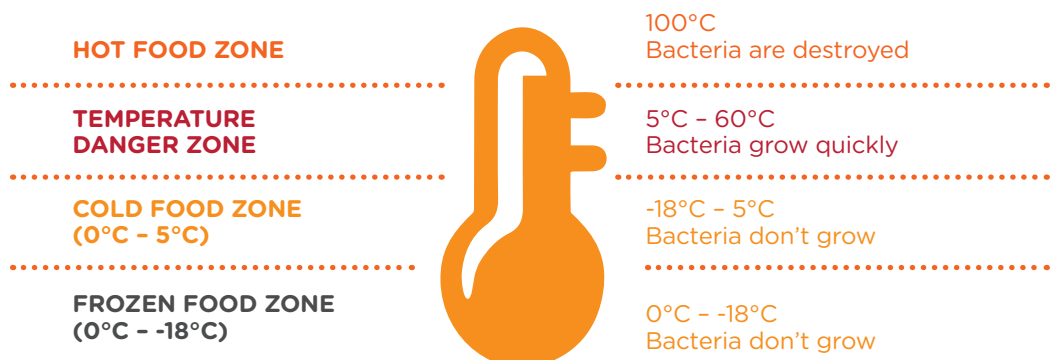
It is important that the thermometer being used is a digital probe thermometer and not just an infrared thermometer.

Infrared thermometers only measure the surface temperature of the food, whereas the digital probe thermometers will measure the internal, core temperature of the food.



Food temperatures should be checked regularly throughout the day to ensure they are being held at the correct temperature. Always clean and sanitise the probe before and after use.

Do not rely on the inbuilt thermometers in fridges or hold / cold food displays for your temperature readings. These only measure the temperature of the air, not the temperature of the food.





## MAINTAINING TEMPERATURE CONTROL

Potentially hazardous foods must be stored under temperature control from delivery through to cooking and transportation.

**Delivery:** Always check that potentially hazardous foods are delivered at the correct temperature before accepting it.

**Storage:** Ensure fridges and cool rooms are serviced regularly and maintain temperatures of 5°C or colder.

**Thawing:** Potentially hazardous foods must never be thawed at room temperature, it is best practice to use a fridge or cool room overnight. Food must be completely thawed prior to cooking.

**Preparation:** Plan your food preparation and ensure that potentially hazardous foods are kept out of temperature control for minimal amounts of time.

**Cooking:** Thoroughly cook all potentially hazardous foods. Use a probe thermometer to ensure the internal temperature is hot enough.

**Display:** Cold potentially hazardous food on display must be kept below 5°C and hot potentially hazardous food over 60°C. The temperature of food in the display should be checked regularly throughout the day.

**Cooling:** Potentially hazardous foods must be cooled from 60°C to 21°C within the first 2 hours, and then cooled from 20°C to 5°C within the next 4 hours. Bulk food should be dispensed into small containers for quicker cooling.

**Reheating:** Food should be reheated quickly and in small quantities. The temperature of reheated food should reach at least 70°C.

## RECORDING TEMPERATURES

It is best practice to keep a temperature monitoring sheet to record the temperatures of potentially hazardous foods. The sheet should include a section to record any corrective action taken if a reading is within the temperature danger zone.

Time and Temperature for Holding								
Instructions: Take and record the temperature of potentially hazardous foods when placed in holding units and when removed from holding units or after two hours (whichever is less). If pans are moved directly from ovens to holding units, simply record the end cooking temperature on this form.								
Date	Food Item	1 <sup>st</sup> Measurement (e.g. enter holding)			2 <sup>nd</sup> Measurement (e.g. exit holding)			Corrective Action
		Time	Temp	Initials	Time	Temp	Initials	

Supervisory Employee's Initials and Date: \_\_\_\_\_

## 4/2 HOUR RULE

The length of time that foods spend in the temperature danger zone should be minimised so foods are kept safe. As a general guide, if refrigerated foods or hot food has been in the temperature danger zone, the 4 hour/ 2 hour rule can be applied. If using this rule, all times and temperatures must be documented.



Less than 2 hours, must be refrigerated or used immediately.



Between 2 and 4 hours, must be used immediately.



4 hours or longer must be thrown out.

For more information go to [penrithcity.nsw.gov.au](http://penrithcity.nsw.gov.au) or phone 4732 8055