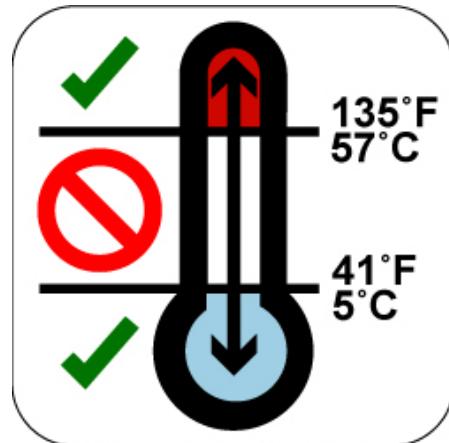


# Food Temperatures

## Staying out of the “Danger Zone”

Most bacteria multiply fast between 41°F and 135°F. Foods must be kept above or below this “Danger Zone” to stay safe.



Copyright © International Association for Food Protection

### Hot foods must be kept above 135°F

- Use a probe thermometer to make sure hot foods are at least 135°F
- Stir foods to make sure all parts of the food remain hot
- Keep foods covered to retain heat and protect from contamination
- Turn steam tables or soup warmers on prior to inserting food so they can heat up to proper temperature
- Hot food containers (steam table or soup warmer) should not be used to heat/re-heat foods, as they are only designed to keep hot foods hot

### Cold foods must be kept below 41°F

- Use a probe thermometer to make sure cold foods are 41°F or below
- Do not overcrowd coolers since air flow helps foods stay cold
- Keep foods covered to protect from contamination
- Do not cool foods in prep units, as they are only designed to keep cold foods cold
- Do not overfill insert pans in prep units (keep pans 1/2 to 2/3 full)