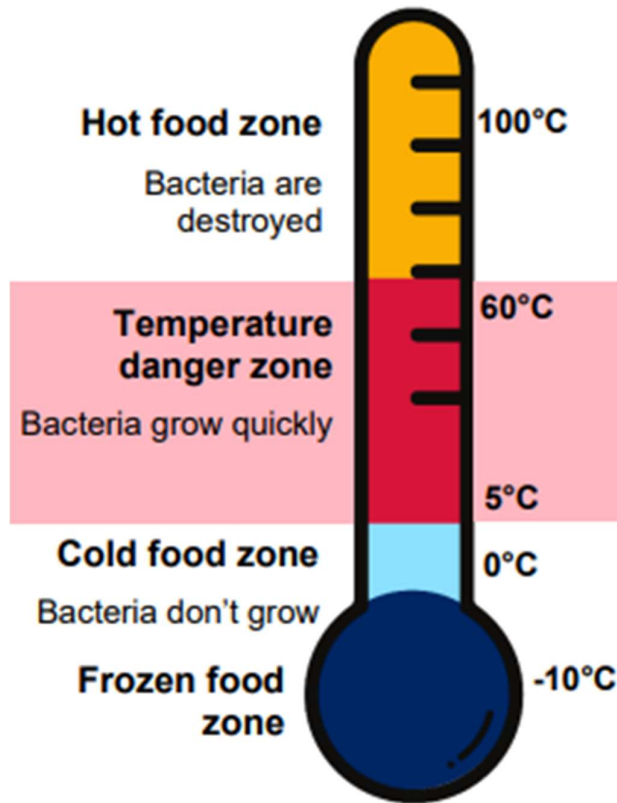
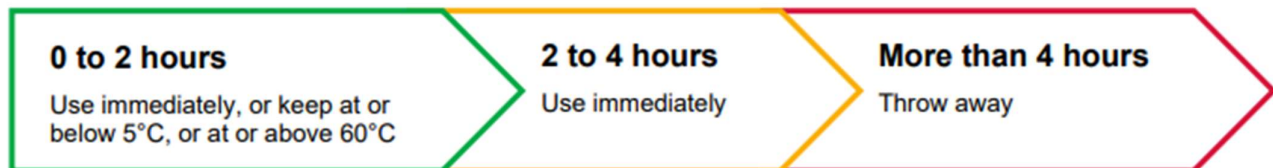


Temperature Control

The bacteria that commonly cause food poisoning grow rapidly between 5°C and 60°C, this is commonly referred to as the “temperature danger zone”.



The time potentially hazardous food can be safely held is known as the 2-hour/4-hour rule:



The time between 5°C and 60°C is cumulative, so you need to add up every time the food has been out of the fridge, including during transport, preparation and storage.