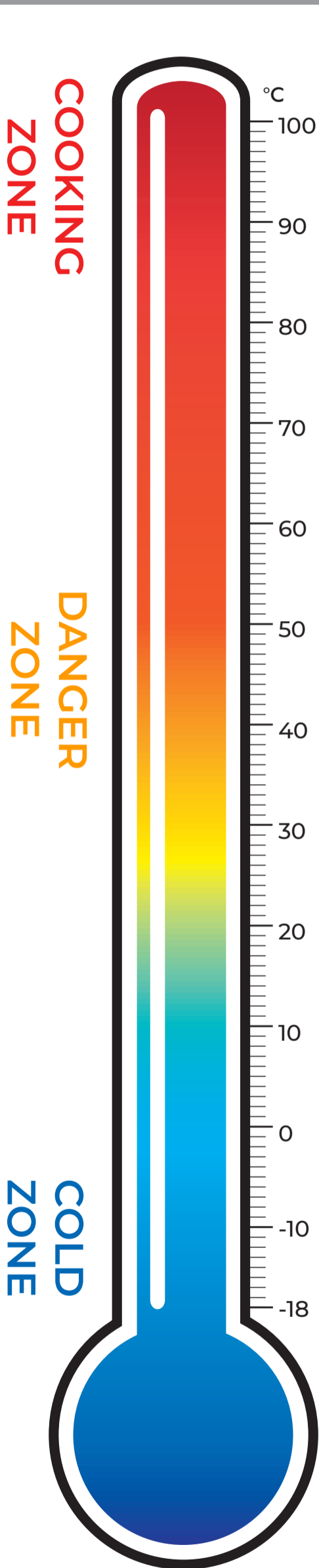




# SAFE TEMPERATURES

To prevent food poisoning



**100 °C**

at boiling point bacteria will be destroyed

**83 °C**

the internal temperature of reheated food should reach 83 °C

**75 to 80 °C**

poultry and meat are safest between these internal temperatures

**63 °C**

bacteria is gradually killed above this temperature

**37 °C**

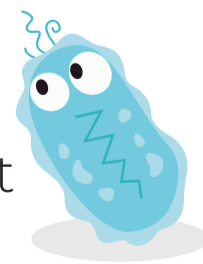
ideal temperature for bacteria to grow

**2 to 4 °C**

stored food is safe at 4 °C for short periods of time but it's better stored at 2 °C

**-18 °C**

at deep freeze bacteria won't grow but may not die either



**72 to 100 °C**

most bacteria are killed quickly at these temperatures



**5 to 63 °C**

never leave perishable foods in the danger zone for more than two hours



The above is only a guide - always check the core temperature of food with a probe thermometer