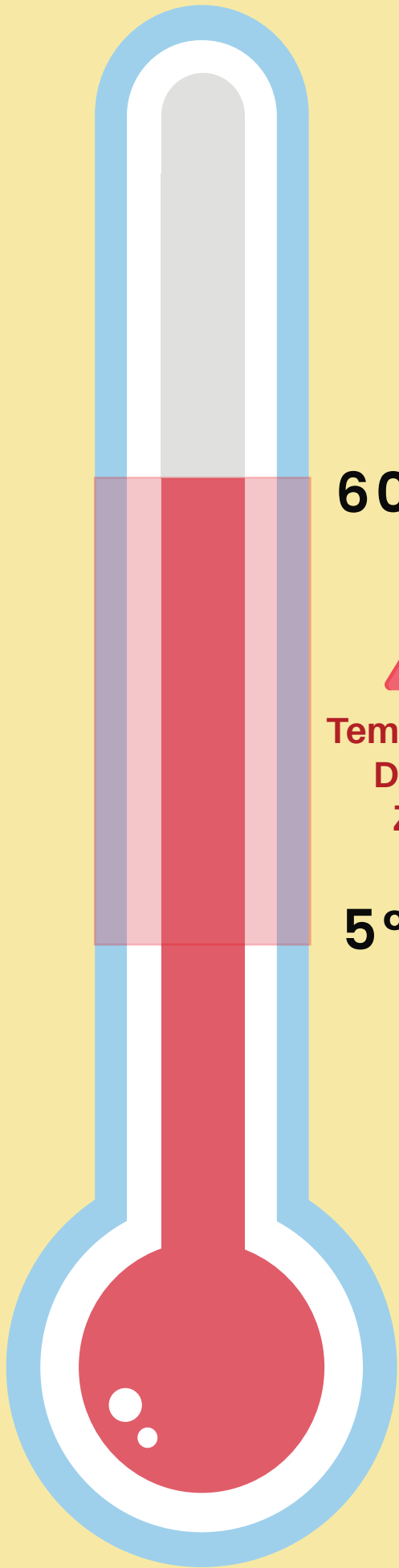


# Proper Temperature

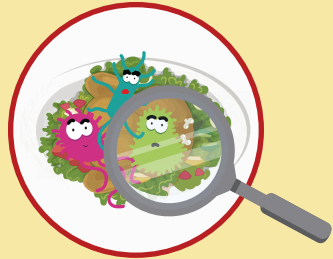
•for hot foods •



60°C.

  
Temperature Danger Zone

5°C



Germs and bacteria that cause foodborne illness grow rapidly in food kept at temperatures **between 5°C and 60°C.**

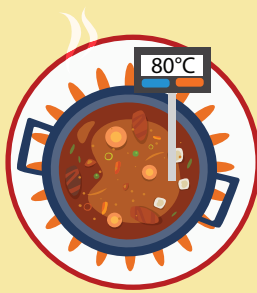
This is known as the **Temperature Danger Zone.**



Cooked/Ready-To-Eat (RTE) food that is intended for hot service (Hot food) should be kept **above 60°C** after cooking and during delivery.



Hot food should not be kept **below 60°C for more than 4 hours** after it was prepared. This is a mandatory requirement for catering establishments.



Ensure that food is cooked thoroughly:

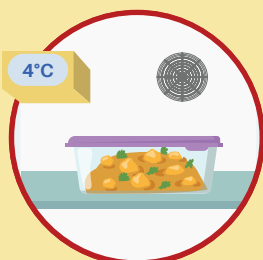
- Meat is no longer pink and juices run clear.
- Food is steaming hot /liquid foods are boiling hot.



Use hot holding equipment to keep the temperature **above 60°C:**

- Bain-marie, slow cooker, low temperature oven, hot-holding cabinet etc.
- Pre-heat hot holding equipment to required temperature before use.

## REHEATING



Hot food intended for **reuse** must be chilled to below 5°C within 4 hours after cooking.



Reheat food thoroughly until the internal temperature reaches at least 75°C for at least 2 minutes.

Food can only be reheated once.