

ENVIRONMENTAL HEALTH FACT SHEET

No. 210

FOOD SAFETY - HAZARDOUS FOODS, COOLING AND REHEATING

Standard 3.2.2 requires potentially hazardous foods to be kept at specified temperatures including the cooling and reheating of food. All food businesses must comply with these requirements or demonstrate a safe alternative system to ensure that food stays safe to eat.

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WHAT ARE POTENTIALLY HAZARDOUS FOODS?

Potentially hazardous foods are foods that might contain food poisoning bacteria if not stored at correct temperatures.

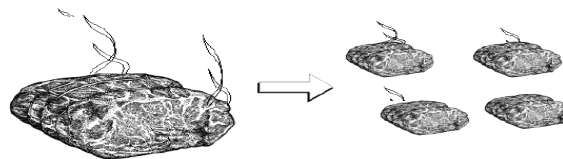
Examples are cooked meat and foods containing meat, dairy products, prepared fruits and vegetables, cooked rice and pasta, and cooked or processed foods containing eggs.

THE STANDARDS REQUIRE FOOD TO BE COOLED FROM:

60°C to 21°C	Maximum 2 hours
21°C to 5°C	Maximum 4 hours

REHEATING POTENTIALLY HAZARDOUS FOOD

Potentially hazardous food must be reheated rapidly to 60°C or hotter. Ideally, you should aim to reheat the food to 60°C within a maximum of two hours to minimise the amount of time that food is at temperatures that promote the growth of bacteria.



COOLING POTENTIALLY HAZARDOUS FOOD

If you cook potentially hazardous foods and cool it for later use, you need to cool the food to 5°C or cooler as quickly as possible. **REMEMBER**, smaller portions will cool faster.

For more information contact your local Environmental Health Office.

Contact details can be found at

http://www.health.nt.gov.au/Environmental_Health/Contact_us/index.aspx