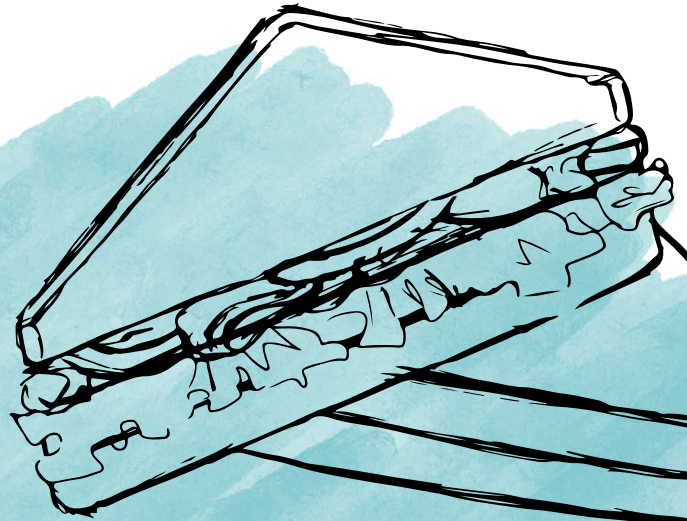




# Let's Talk Food Safety *HOT AND COLD*

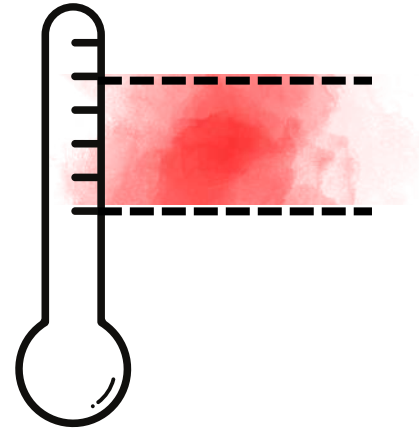
Keeping Cold & Hot Food Safe

To learn more about food safety visit  
[www.foodsafetypledge.com](http://www.foodsafetypledge.com)  
[www.foodwatch.dm.gov.ae](http://www.foodwatch.dm.gov.ae)  
Instagram @foodsafetypeldge



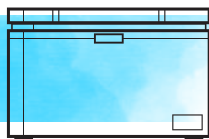
## THE TEMPERATURE DANGER ZONE

Bacteria that cause food borne illness multiply quickest between 5°C and 60°C. The Danger Zone is the temperature range in which bacteria grow the quickest.



Regular preventive maintenance is essential for both your hot and cold equipment. Ensure to consistently monitor the temperature and cleanliness of your equipment, and keep records of these checks on Foodwatch.

***FREEZER AT -18°C***



***CHILLER AT 5°C OR BELOW***



***HOT HOLDING EQUIPMENT AT ABOVE 60°C***



***YOU MUST ALWAYS KEEP YOUR EQUIPMENT AT THESE TEMPERATURES!***

## COOKING

Cooking and re-heating at 75°C kills harmful bacteria, parasites, and other pathogens present in raw food, reducing the risk of foodborne illnesses.



## RAPID COOLING TIP!

The pan used for rapid cooling should be no more than 4 inches high and the food depth should be no more than 2 inches deep to allow efficient cooling.

During ice bath cooling, keep food uncovered if safe from cross-contamination, or loosely covered to allow heat to escape.

**RAPIDLY COOL FOOD FROM 60°C TO 20°C WITHIN 2 HOURS. THEN, FOOD IS TO BE COOLED FROM 20°C TO 4°C OR COLDER WITHIN 4 HOURS.**



## **COLD STORAGE TIP!**

Assure that your chillers are not overly stocked and there is enough space in between the food products.

The food products should not block the air flow source and return vent to allow proper air circulation.



## **HOT HOLDING TIP!**

Make sure that the water in your hot holding equipment is hot before keeping any cooked food.

It is best to pour boiling hot water.



## **FOOD DELIVERIES**

The insulation box of your food deliveries must be capable of keeping the food hot above 60°C or cold below 5°C, during the entire delivery.



## MEASURING DEVICES

Always use a food thermometer to accurately measure the internal temperature of the food, ensuring that it reaches these recommended temperatures to effectively eliminate these harmful pathogens and make the food safe for consumption



## REMEMBER! BACTERIA ARE JUST LIKE US

They do not like extreme environments!



They are inactive at frozen temperature at  $-18^{\circ}\text{C}$



At chilled temperature ( $5^{\circ}\text{C}$ ) they multiply slowly.



They rapidly multiply between  $5^{\circ}\text{C}$  to  $60^{\circ}\text{C}$



Hot holding at  $60^{\circ}\text{C}$  stops bacteria from growing.



Cooking at  $75^{\circ}\text{C}$  reduces the number of bacteria to a safe level of consumption.