

THE DANGER ZONE . . .

Most bacteria multiply rapidly between 41°F and 135°F!

Time and Temperature Rule

Foods must be kept at an internal temperature above or below the danger zone during display and service. If foods are exposed to temperatures in the danger zone during preparation, exposure time must be very brief.

Thawing Methods

1. Under refrigeration at temperatures below 41°F
2. Under potable running water below 70°F (2 hour limit)
3. As part of conventional cooking
4. In a microwave oven (only if followed by conventional cooking)

Internal Cooking Temperatures

- 145°F— fish, meat and pork
- 155°F— ground meats (hamburger, sausage)
- 165°F— poultry, stuffed meat, stuffing
- 165°F— reheated foods
- 165°F— raw animal foods cooked in microwave

Hot Holding of Foods

- Thermometers must be used to insure a proper holding temperature of at least 135°F
- All parts of the food must be held at this temperature (stir at reasonable intervals)
- Containers must be covered or otherwise protected
- Hot food containers, such as a steam table or soup warmer, should not be used to heat foods— they are only designed to keep hot foods hot

Cold Holding of Foods

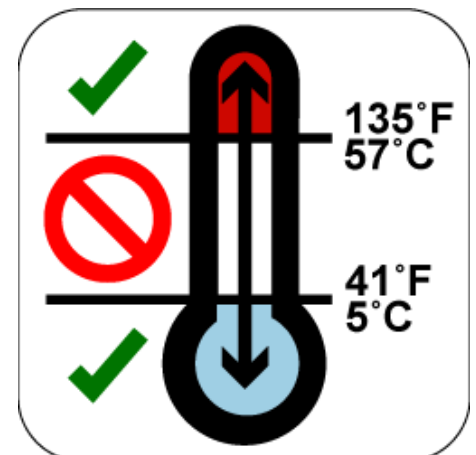
- Cold foods must be held at or below 41°F
- Do not overcrowd coolers — air flow helps foods stay cold
- Do not overfill insert pans in food prep units — only keep pans 1/2 to 2/3 full of food
- Do not cool foods in prep units—they are only designed to keep cold foods cold



Keep hot foods
above 135°F

**DANGER
ZONE!**

41°F — 135°F
Keep foods out of
this temperature
range!



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Keep cold foods
below 41°F



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