

Cooking Food

Cooking Food Safely

The temperature range between 4°C and 60°C (40°F and 140°F) is the DANGER ZONE. Harmful germs grow best at these temperatures.

Try to work quickly with food so it remains out of the danger zone:

- Cooked foods need to be eaten immediately.
- Leftovers should be cooled and refrigerated right away.
- Never leave food out longer than 2 hours.

