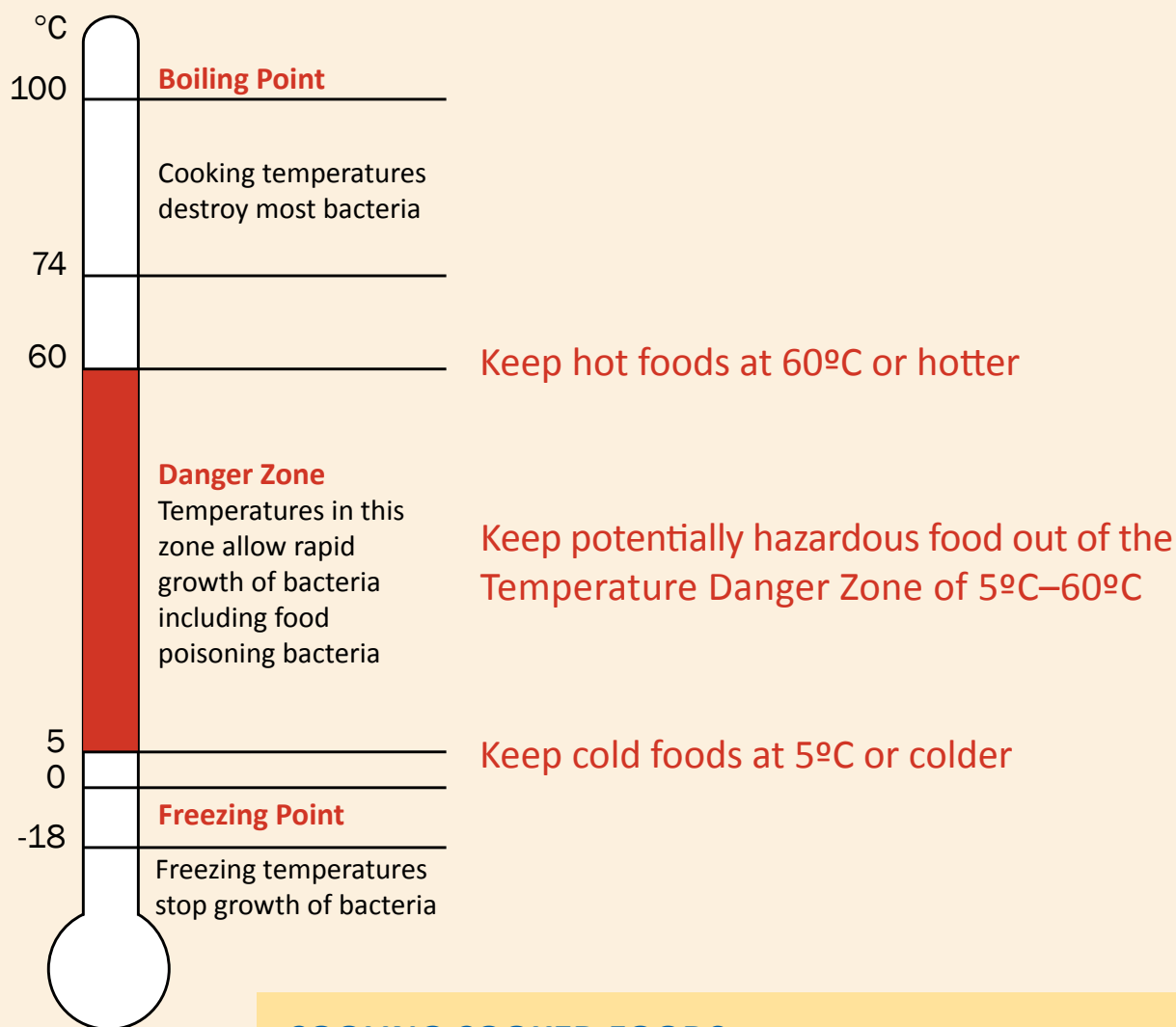


# Temperatures for food

Keeping food at the right temperatures is an essential food safety practice.



## COOLING COOKED FOODS

Food has to be cooled

- within 2 hours from 60°C to 21°C and
- within a further 4 hours from 21°C to 5°C

**Health Protection Service Phone 02 6205 1700**