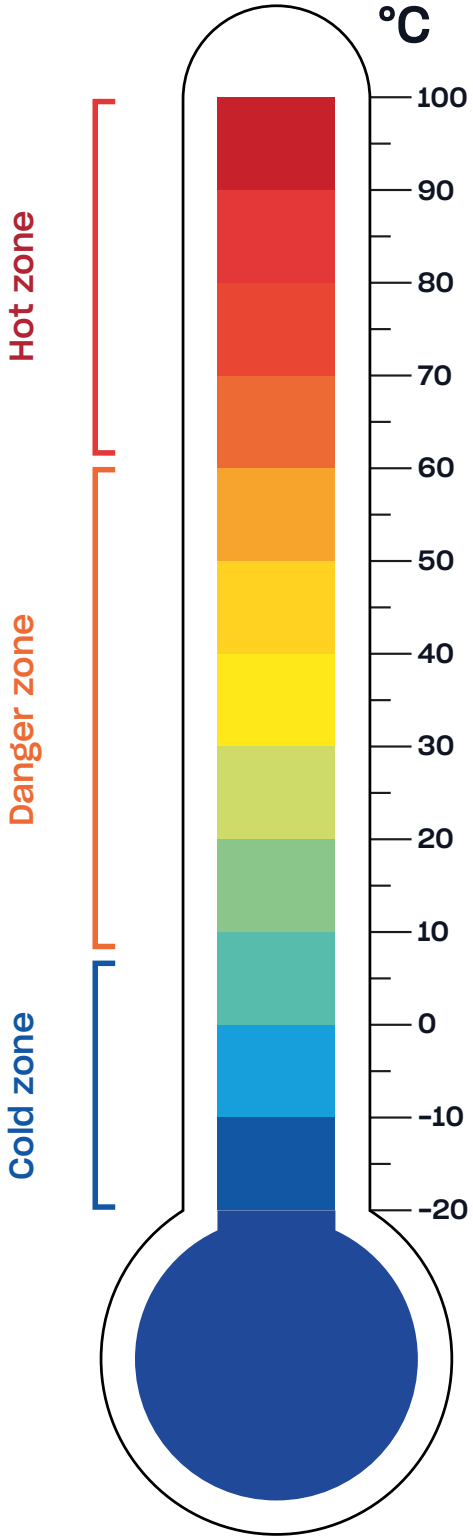
The Temperature Danger Zone



100 °C — **Boiling water**
Bacteria will be destroyed at this temperature

82 °C — **Scotland's Recommended cooking temperature**
Cooked / reheated food **must** reach this temperature

70 °C — **England's Recommended cooking temperature**
Cooked / reheated food **must** reach this temperature

60 °C

60 °c to 8 °c danger zone
Bacteria multiply quickly in this temperature zone

8 °C — **Maximum fridge temperature**
Chilled food should not be stored warmer than this

2/5 °C — **Fridge temperature**
Chilled food should be stored in refrigerators set between 2 °C and 5 °C

-20 °C — **Freezer temperature**
Freezers should be set to a temperature between -18 °C and -20 °C

Keep food safe by minimising the time spent in the danger zone