

# IMPORTANT TEMPERATURES

## REHEATING FOR HOT HOLDING:

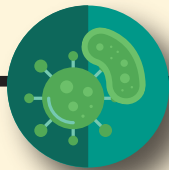
Must reach

74°C

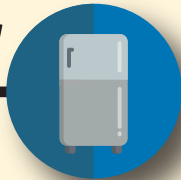
before hot holding at

60°C

*Pathogen growth*



*Keep cold food cold*

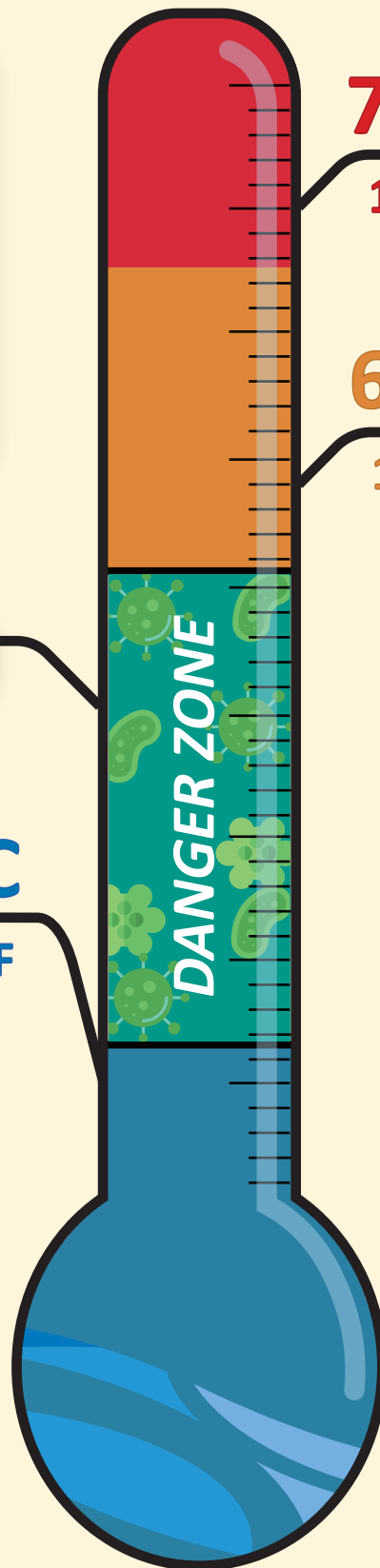


4°C

40°F

## SAFE THAWING METHODS:

- ✓ Refrigerate
- ✓ Microwave
- ✓ Cold water
- ✓ Cooking without thawing



74°C

165°F



*Cook most foods*

*Reheat*

60°C

140°F



*Keep hot food hot*

## SAFE COOLING STAGES:

First 2 Hours

60°C



20°C

Next 4 Hours

20°C



>4°C

March 2019

Government of Northwest Territories

