**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

**SAFE COOLING STAGES:**
- **First 2 Hours**
  - 60°C
  - 20°C
- **Next 4 Hours**
  - 20°C
  - >4°C

**Cook most foods**

**Reheat**

**Keep hot food hot**

74°C 165°F

60°C 140°F

**March 2019**

Government of Northwest Territories