

Temperature Control Requirements



Chilled food

- It's a legal requirement in England, Wales and Northern Ireland that cold food must be kept at 8°C or below.
- When serving or displaying chilled food, you can keep it above 8°C for a maximum of four hours. This can only be done once and must be chilled to or below 8°C until it is used.

Examples of foods that must be kept at or below 8°C:

- Cooked dishes containing egg or cheese
- Ready-to-eat foods containing protein from plant-based sources
- Prepared salads and dressings
- Sandwiches with fillings including fish, egg, cheese, meat, vegetables
- Desserts and cream products
- Fresh pastry



Did you know? It is a legal requirement and is good practice to check whether foods that are being held hot are at or above 63°C on a regular basis.

Frozen Food

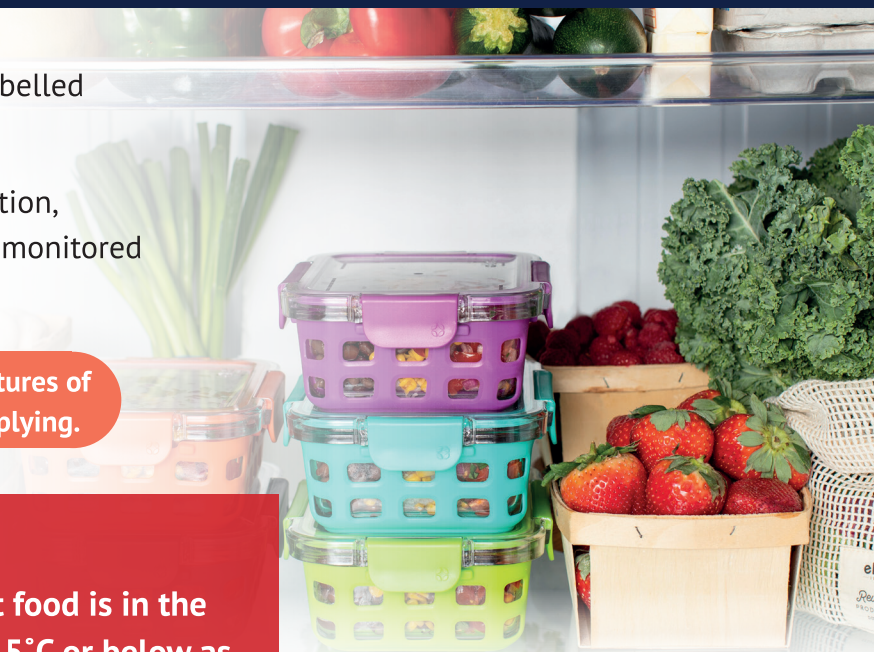
- Frozen food should be wrapped, packaged, labelled and stored at -18°C or below.
- To prevent microbial growth and toxin formation, foods should be temperature controlled and monitored throughout defrosting and thawing.



Did you know? Freezing of food at temperatures of -18°C or below will prevent bacteria multiplying.

The Danger Zone

- It is advised that the safest way to defrost food is in the fridge overnight. Your fridge should be at 5°C or below as some bacteria can grow at temperatures lower than 8°C



Hot Food



- The food regulations require that all hot food is kept at or above 63°C to prevent excessive growth of bacteria.
- Hot food can be kept on display for two hours at temperatures below 63°C, however, after this time food must be thrown away or rapidly cooled until it can be reheated for final sale.

Examples of food that must be kept at 63°C or above:

- All ready-to-eat food that has been cooked or reheated
- All ready-to-eat hot food for service or on display for sale

Cooking & Reheating

- Standard advice is to cook food until it has reached a core temperature of 70°C for two minutes. Cooking food at the right temperature and for the correct time will ensure that harmful bacteria are killed.
- Legislation states food that is to be held or served at chilled temperatures following heat processing must be cooled as quickly as possible to a safe temperature.
- Always reheat food until it is steaming hot all the way through. You can only reheat your food once.



Cross-contamination



- You must ensure that work areas, surfaces and equipment used for raw and ready-to-eat food are adequately separated.
- If raw and ready-to-eat food need to be handled in the same preparation area, ensure the area is thoroughly disinfected between uses.
- Store raw food below ready-to-eat food in the fridge - use separate fridges for raw and ready-to-eat food if possible

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