

Temperature Control Requirements



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.



Did you know? It is good practice to occasionally verify temperatures with a probe thermometer.

Cooking & Reheating

- When cooking meat, the standard advice is to cook food until the thickest part of the meat has reached a core temperature of 75°C.
- Cooking food to the right temperature and for the correct time will ensure that harmful food poisoning bacteria is killed.
- Always reheat food until it is steaming hot all the way through. You can only reheat your food once.



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.

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

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.

Certain foods need to be kept chilled to slow down the growth of food poisoning bacteria e.g:

- Foods with a 'use by' date
- Foods that say 'keep refrigerated' on the label
- Foods where the manufacturer's instructions state 'once open keep refrigerated'
- Foods you have cooked to sell as ready-to-eat
- Ready-to-eat foods

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? Chilled food must be kept at 8°C or below. To achieve this, it is recommended that fridges should be set at 5°C or below.

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



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