

The Importance of Temperature Control

The Foundation of Food Safety Effective temperature control is one of the most critical elements of any Food Safety Management System. Failure to maintain correct temperatures can lead to rapid bacterial growth, increased food safety risks & potential non-compliance with regulatory requirements.

Key Temperature Guidelines:

Refrigeration: 1°C – 4°C
Freezer Storage: -18°C or Below
Chilled Food Storage: 0°C – 5°C
Hot Holding: 63°C or Above
Cold Holding: 5°C or Below
Poultry Cooking Temperature: 75°C
Reheated Food: 75°C

Danger Zone: 5°C – 60°C *Food should spend the minimum possible time within this temperature range, where harmful microorganisms can multiply rapidly.*

A strong food safety culture requires:

Continuous temperature monitoring
Proper staff training and awareness

Use of calibrated thermometers
Compliance with HACCP and ISO 22000 requirements

Essential food safety temperature controls and handling practices every food handler must follow to prevent contamination and ensure safe food.

Key Points: Cold Storage: Chiller at 1°C–4°C, Freezer at ≤ -18°C to slow microbial growth.

Danger Zone: 5°C–63°C where bacteria multiply rapidly—food should not remain here for long.

Cooking & Reheating: Minimum ≥ 75°C to destroy pathogens.

Hot Holding: Maintain ≥ 63°C to keep food safe before service.

Receiving Standards: Chilled ≤ 4°C, Frozen ≤ -18°C, Hot food ≥ 63°C.

Cooling Practices: Rapid cooling using blast chiller or ice bath to bring food to safe temperatures quickly.

Defrosting: In chiller (≤ 8°C) or under cold running water—never at room temperature.

Stock Rotation: FIFO (First In, First Out) FEFO (First Expiry, First Out)

Food Safety Basics: Safe food = free from hazards; hygiene ensures clean preparation and service.

Conclusion: Strict temperature control, proper storage, and hygienic handling are critical to prevent foodborne illnesses, maintain quality, and ensure compliance with food safety standards.

Should you have any further questions, please contact Shire's Environmental Health Officer, via email health@coolgardie.wa.gov.au.

KITCHEN TEMPERATURE CHART (FOOD SAFETY)

CATEGORY	TEMPERATURE
 Refrigerator	1°C – 4°C
 Freezer	-18°C or below
 Chilled food storage	0°C – 5°C
 Danger Zone	5°C – 60°C
 Chicken / Poultry cooking	75°C
 Minced meat cooking	70°C
 Beef / Lamb steak	63°C
 Fish cooking	63°C
 Egg dishes	70°C
 Reheated food	75°C
 Hot holding (buffet, bain-marie)	63°C or above
 Cold holding (salad bar, desserts)	5°C or below
 Cooling step 1	60°C → 21°C within 2 hours
 Cooling step 2	21°C → 5°C within 4 hours



Food Safety is in Your Hands

Keep temperatures right, keep everyone safe.

- ✓ Use calibrated thermometers
- ✓ Monitor regularly
- ✓ Follow safe food handling practices



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Food Safety Management
Hygiene Audits & Training
HACCP Implementation
Food Safety Compliance