

Food Safety 101

The Danger Zone

The danger zone is the temperature at which bacteria grows and becomes dangerous.

The temperature that this happens at between 41°F and 140°F. Minimize the time food spends at these temperatures in order to keep food safe.

Zone Tip

Zone tip: Hot foods need to be kept at 140°F or above.

Refrigerated food needs to be kept at 41°F or below.

HOT FOOD ZONE

212°F

Bacteria are destroyed

140°F

TEMPERATURE DANGER ZONE

Bacteria grow quickly

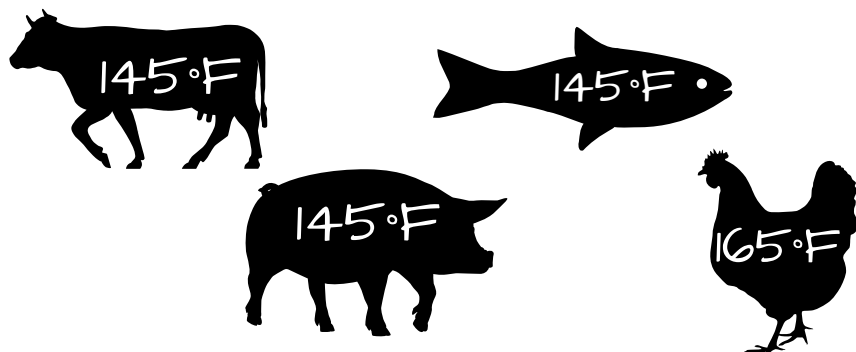
41°F

COLD FOOD ZONE

Bacteria do not grow

FROZEN FOOD ZONE

32°F



Meat Temperatures

Raw meat and poultry should always be cooked to a safe minimal internal temperature. Use a thermometer to check whether meat has reached a safe internal temperature that is hot enough to kill harmful germs that cause food poisoning.

Use the 2 hour/4 hour rule

It tells you how hazardous food can be safely used in the danger zone. Apply the following time limits to ensure these risky type foods remain safe to eat. Here is a guide of the 2 hour/4 hour rule.

Total Time between 41°F and 140°F

0-2 Hours

Ok to use or refrigerate at 41 °F

2-4 Hours

Ok to use immediately

More Than 4 Hours

Throw away



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