

# Temperatures

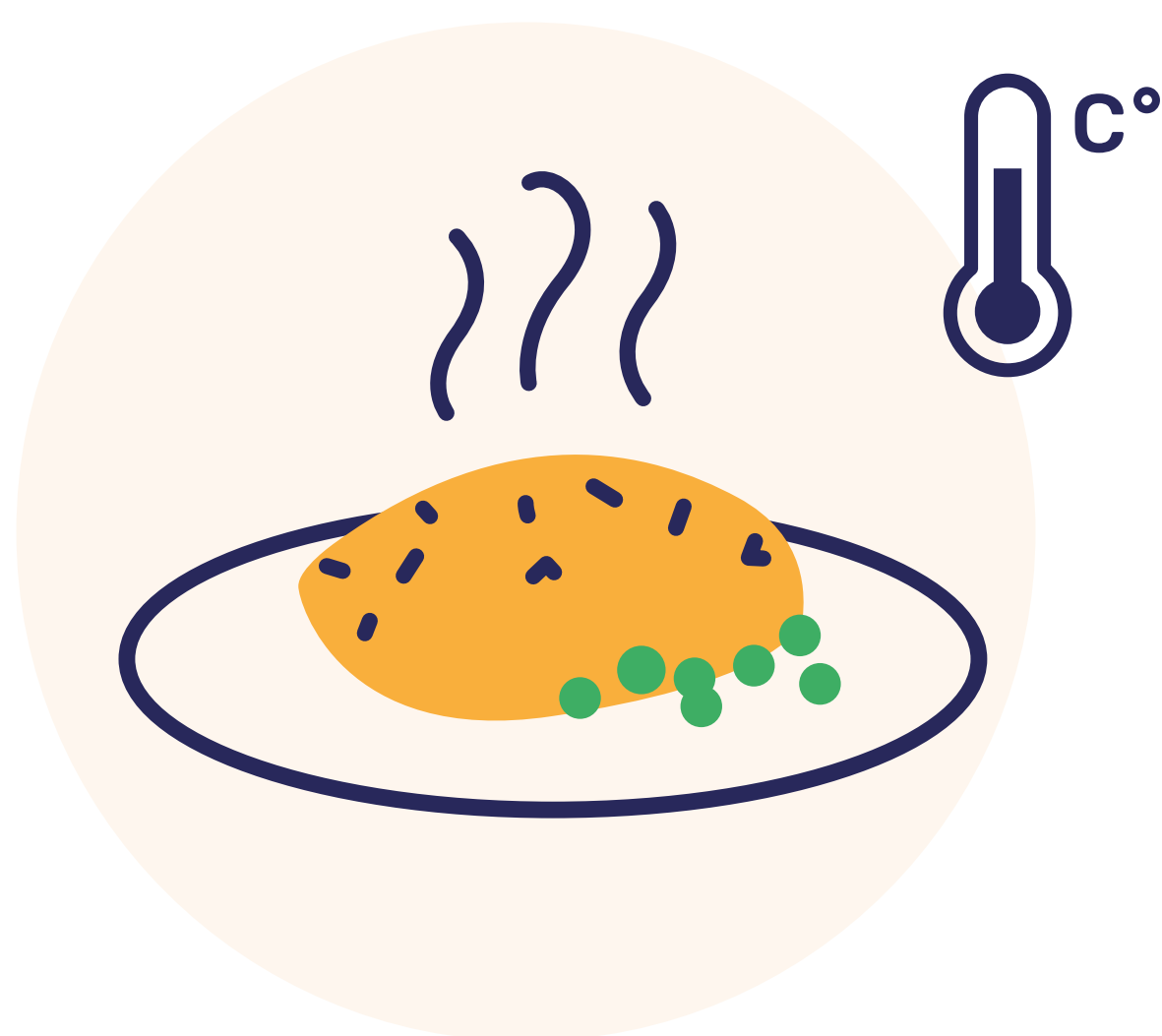
## Food health & safety



### Core cooking

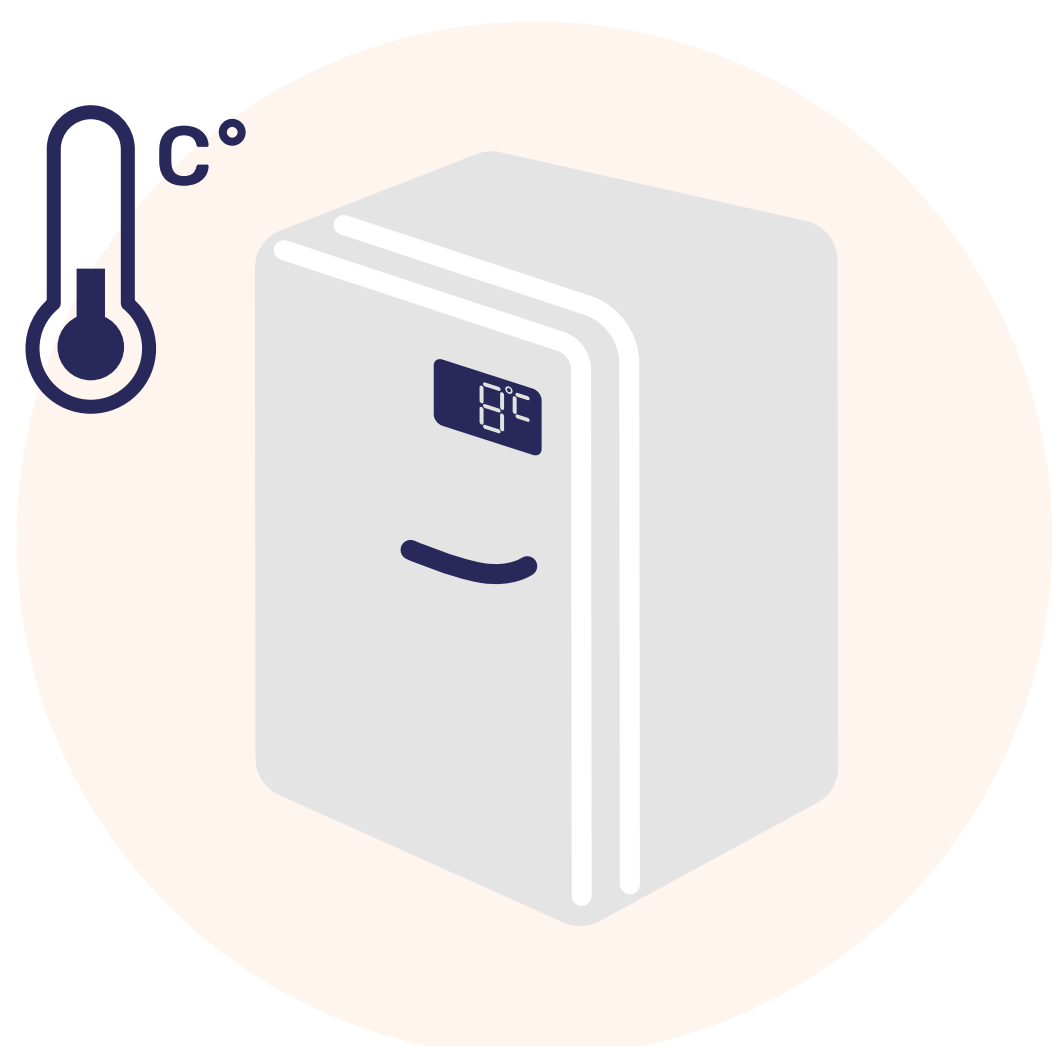
When cooking or reheating food, make sure you check the temperature using a probe thermometer at the thickest part of the food - this is called the core temperature.

**It needs to be at least 75°C for 30 seconds in order to be safe.**



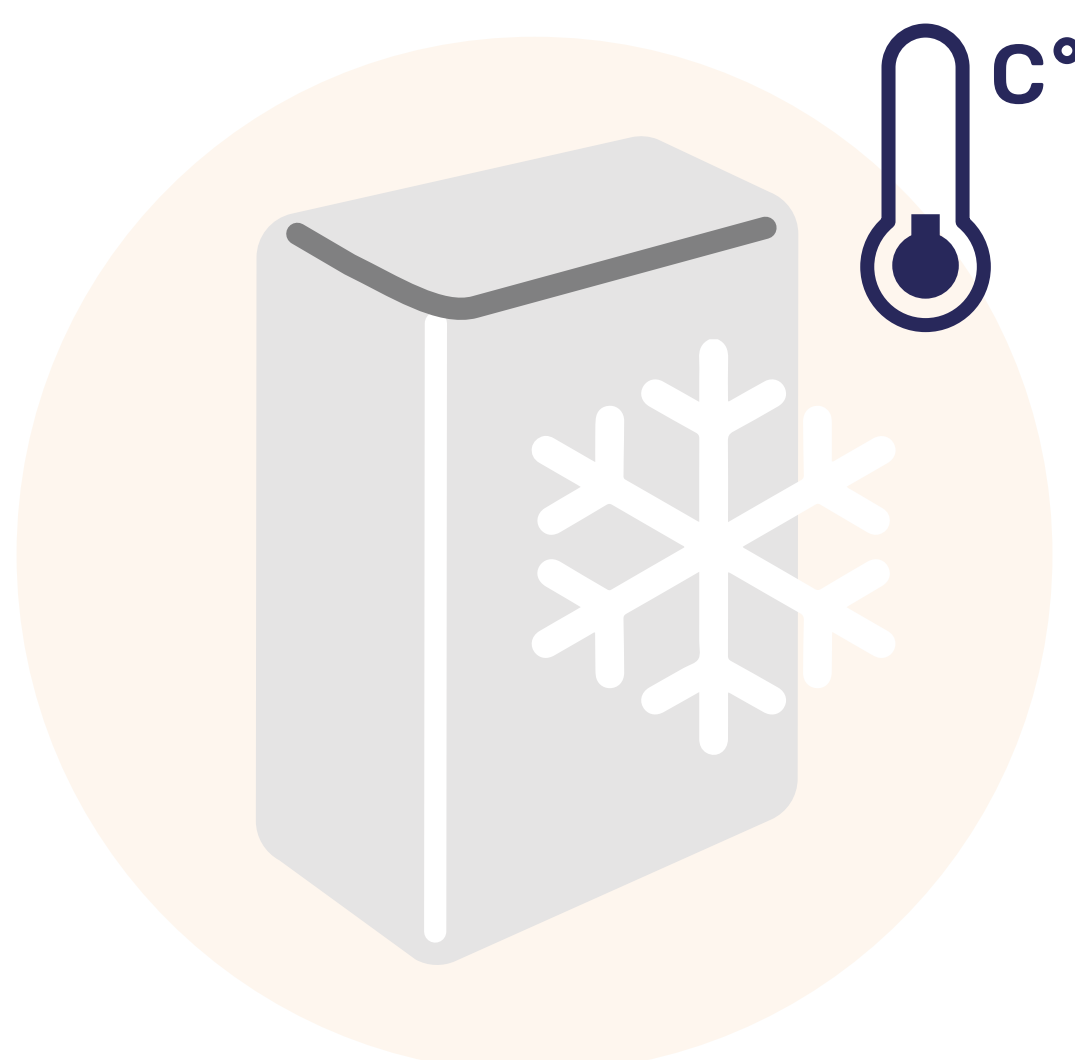
### Hot holding

Hot food to be kept above 63°C for up to 2 hours.



### Fridge cold holding

Fridges should operate between 2°C and 5°C. **Never more than 8°C.**



### Freezer cold holding

Freezers should operate between -18°C and -22°C.