Temperature Danger Zone

- **165°F**
  - Chicken cooked, safe reheating temperature

- **140°F**
  - Safe to hold hot food
  - A few bacteria can grow at 104°F!

- **90°F**
  - Bacteria double every 30 minutes

- **70°F**
  - Bacteria double every 1 hour

- **50°F**
  - Bacteria double every 2 hours

- **40°F**
  - Most bacteria stop growing
  - Safe refrigerator temperature
  - A few bacteria can grow at 34°F!

- **0°F**
  - No food poisoning bacteria grow
  - Safe freezer temperature

**Foods that MUST be Refrigerated to be Safe**

- Milk & Dairy
- Meats
- Poultry
- Seafood
- Eggs
- Cut tomatoes
- Garlic in Oil
- Sprouts
- Baked Potatoes
- Cut Fruit
- Tofu, tempeh
- Leafy greens
- Cooked rice, beans
- Cooked vegetables

**Which of these surprise you?**

Circle any that you don’t usually refrigerate.

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