

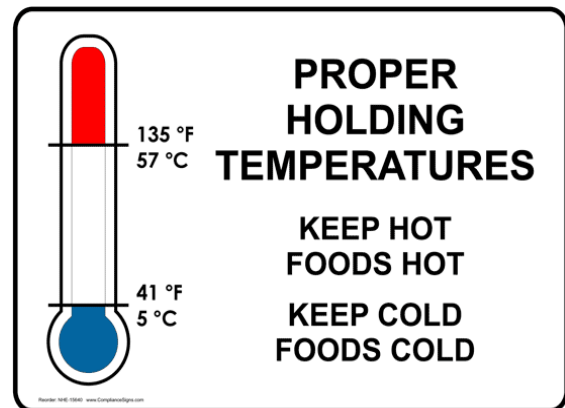
# Holding Temperatures

The **DANGER ZONE** is a temperature where germs (bacteria) will grow quickly.

A temperature that is higher than **41°F** but lower than **135°F** will allow for the rapid growth of germs. It is very important that **potentially hazardous food** such as beef, chicken, turkey, fish, dairy products, eggs, and gravy be kept out of the danger zone as much as possible. The majority of food-borne illnesses have been linked to foods held at danger zone temperatures too long

## EXAMPLES:

- Refrigerating hazardous food above **41°F**
- Hot holding hazardous food in a steam table below **135°F**
- Cooling hazardous food at room temperature
- Undercooking hazardous food
- Improper reheating of hazardous foods



Germs grow and multiply at danger zone temperatures. They can double every 15 minutes. Ten germs could grow to several million after 4 hours at room temperature. The number of germs to cause a food-borne illness can be anywhere from 10 to 10 million. Keeping hazardous food out of the danger zone will prevent the growth of germs.

**RULE OF THUMB**—hazardous foods should not be allowed to remain in the danger zone for more than a total of 2 hours.

## EXAMPLE:

Cooked turkey out of refrigeration for 1 hour on Monday and 1 hour on a Tuesday would combine for a total of 2 hours in the **danger zone**.