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« Keep prepared and perishable food no longer than 2 hours between 5°C and 63°C »

Boiling point for sterilising 100° equipment / utensils. Final rinse temperature 180° 82° for dishwashers (82° - 88°) Temperature for hot holding 145° 63° keep food warm once cooked. **37°** 99° Do not leave raw or cooked items at room temperature 82° as bacteria and micro organisms rapidly multiply. ZONE **46**° 8° Fridges - set air temperature **4**° 40° at 8° or below for chilled food. ZONE Freezer temperature or below



Seafarers' Health Information Programme **Healthier**, **fitter**, **safer** ...



