

## Storage temperature

- All living microorganisms are killed by heating the food properly to at least +70 °C. The heat treatment can be done in many different ways, you can for an example roast, boil, fry or heat the food with steam.
- In order to prevent dangerous bacteria from spreading, it is important that the heating takes place in temperatures above +60 °C.
- Cooling is one of the most critical aspects of food safety. If the cooling is not done properly, there is a risk that bacterial spore will become living bacteria that multiplies rapidly. Cooling should be done immediately after heat treatment or warming. The core temperature should be down to +8 °C or colder within 6 hours. (Tip: If you want to cool down a small amount of food and do not have a cooling refrigerator, place the saucepan in cold water and stir occasionally. One should not put hot food in the refrigerator because then it will become too hot in the fridge and other food can be destroyed.)
- Cooled products must keep a temperature of at most +8 °C. Keep in mind that some cooling products, for example, minced meat or fish, require an even lower temperature. (Read the goods about recommended temperature for storage.)
- Freezer products must keep a temperature of not more than -18 °C. Do not allow the freezer to stand open unnecessarily, otherwise the cold will disappear.
- When defrosting, the temperature should not exceed +8 °C. Defrosting should take place in the refrigerator.
- **The food should not be stored for too long in the temperature within the risk zone, otherwise there is a risk of rapid bacterial growth in the food.**

