

TWO HOUR/ FOUR HOUR RULE

If you're a food business, you may use the 2-hour / 4-hour rule to keep food that's taken out of the fridge safe to eat.

WHAT IS IT?

The time for which food can be safely held between 5°C and 60°C is known as the 2-hour/4-hour rule'. The 2-hour/4-hour rule is a good way to ensure potentially hazardous food is safe even if it's been out of refrigeration. The rule has been scientifically checked and is based on how quickly microorganisms grow in food at temperatures between 5°C and 60°C.

HOW IT WORKS

- Food held between 5°C and 60°C for less than 2 hours can be used, sold or put back in the refrigerator to use later.
- Food held between 5°C and 60°C for 2-4 hours can still be used or sold, but can't be put back in the fridge.
- Food held between 5°C and 60°C for 4 hours or more must be thrown away.

0 to 2 hours Use immediately or refrigerate ≤ 5°C OR

2 to 4 hours Use immediately After 4 hours Throw away

The time between 5°C and 60°C is cumulative— that means you need to add up every time the food has been out of the fridge, including during preparation, storage, transport and display.

As long as you follow this, you can be confident the food is safe.

NEED MORE INFORMATION?

Safe Food Australia is a guide to Chapter 3 of the Food Standards Code. Using time as a control is explained in Appendix 2. www.foodstandards.gov.au/safefood

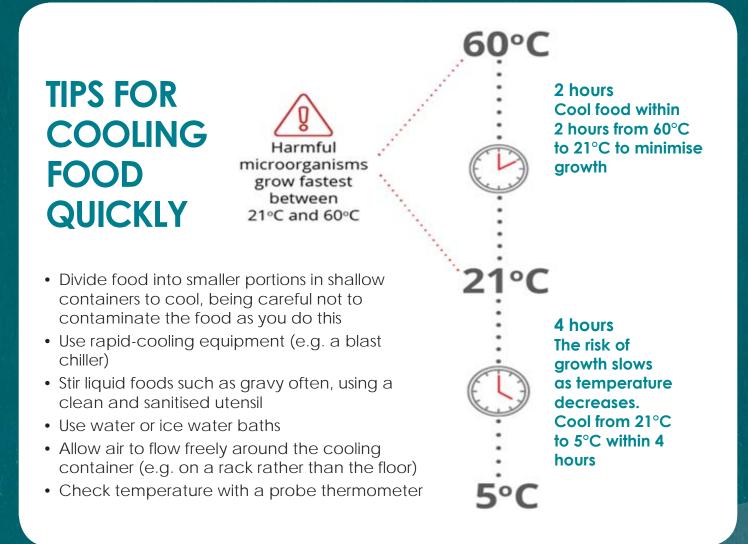
Contact the City of Greater Geraldton Environmental Health team 63 Cathedral Avenue, Geraldton 6530

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COOLING FOOD SAFELY

When cooling cooked potentially hazardous food, it must be cooled to 21°C in two hours or less, then cooled further from 21°C to 5°C in four hours or less.



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