Food Safety in Hot Weather

Nutrition for Outside School Hours Care • another NAQ Nutrition program

Our hot Queensland summers are an added risk to the safety of our food. The extreme heat we have been seeing here lately makes it difficult to keep food at a safe temperature.

Nutrition Australia Qld

naq**nutrition**

High risk foods must be kept out of the temperature danger zone (5°C-60°C) as much as possible to avoid the growth of harmful bacteria.

High risk foods include:

- Meat and poultry
- Fish and seafood
- Eggs
- Dairy products
- Cooked rice/pasta

Below are our top tips for keeping high risk foods cold this summer:

1	 Check the temperature of your fridge at least once, best practice twice a day (morning and afternoon) to ensure it is able to consistently keep the temperature below 5°C.
2	 Check fridge seals are in good working order and are holding the door tightly shut.
3	 Avoid opening the fridge door too frequently.
4	• When transporting high risk food, even if only for a short trip, use cooler bags with ice bricks.
5	• If offering self-service of meals or snacks ensure food is only out for a short period of time and any left-overs following service are disposed of.
6	• During preparation only take out high risk foods to be used straight away and then return them back to cold storage immediately after use.



NAQ NUTRITION (formerly trading as Nutrition Australia Qld) | web www.naqld.org 12/212 Curtin Ave West, Eagle Farm 4009 | ph 07 3257 4393 fax 07 3257 4616 email oshc@naqld.org

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