



Department of Health



CHILL IT

-OR CHUCK IT-



**DANGER
-ZONE-
BETWEEN
5°C TO 60°C**

Put cooked food into the fridge as soon as it finishes steaming. Bacteria grow best between 5°C-60°C. Throw out food left in the danger zone for more than 4 hours.

 Search HealthyWA for tips.

PLAY it FOOD SAFE.

CLEAN • SEPARATE • COOK • CHILL