Between 4 °C and 60 °C, disease-causing bacteria can quickly grow and produce toxins in potentially hazardous foods.

- **Safe**
  - Above 60 °C
  - Sanitize dishes with hot water in a dishwashing machine, at 82°C, for 10 seconds.
  - Sanitize dishes with hot water in a sink, at 77°C, for 2 minutes.
  - Cook most foods to a minimum internal cooking temperature of 74°C, for 15 seconds. Reheat foods to 74°C in 2 hours or less.
  - Keep hot foods hot, at 60°C or warmer, with proper hot holding equipment.

- **Danger Zone**
  - Between 4 °C and 60 °C
  - Keep cold foods cold, at 4°C or colder, with refrigeration equipment or with ice.
  - Keep frozen foods at -18°C or lower.

- **Safe**
  - Below 4 °C
  - Keep potentially hazardous foods out of the Danger Zone as much as possible, and no more than 2 hours.

This includes meat, seafood, eggs, dairy, cooked cereals & cooked vegetables.