

Food Safety - Potentially Hazardous Foods

Some foods need to be stored in a way that prevents the growth of bacteria to unsafe levels. All potentially hazardous foods at a high risk of bacteria growth are generally moist, nutrient-rich, with a neutral pH. Bacteria multiply most rapidly between 5°C and 60°C, and so high risk foods should be kept under temperature control – keep cold food cold and hot food hot.

The best way to keep high risk food safe is to store it in a fridge below 5°C. If storing in a lunchbox, add a freezer brick and store in an insulated lunch bag.

Examples of foods that are normally considered potentially hazardous include:

Eggs and foods containing eggs (cooked or raw), or protein rich foods (tofu)



Cooked rice and pasta, e.g. sushi, pasta salad, fried rice, spaghetti bolognaise



Raw and cooked meat/poultry and seafood e.g. curries, ham, meatballs, fish fingers, lasagne



Dairy products and foods containing dairy products e.g. milk, cheese, bakery products containing cream or custard



Prepared fruits and vegetables, and spouted seeds e.g. alfalfa, cut melons, fruit salad, coleslaw, or salads



Foods that contain any of the above foods, including sandwiches, pizzas or rice rolls

