



Handle with Care!

To ensure that food and drinks have been prepared correctly and are safe for children to consume, we suggest the following steps:

Step 1:

Prepare food and drinks as per manufacturer's instructions to maintain the integrity of the product. For example, if the instructions specify to prepare the product with boiling water, use boiling water.

Step 2:

Test the temperature of the food or drink using a probe thermometer. Ensure items are heated and held at 60°C or higher.

Step 3:

Comply with the Food Act 2008 and Food Regulations 2009. Observe the 4 hour/2 hour rule (see below). i.e. serve within 2 hours of making.

Step 4:




Serve food or drinks to students at an appropriate temperature. (See WASCA experiment below). Ensure that the container can be handled without the risk of burns to students or persons serving the food. Use tongs/oven mitts/gloves when removing containers from the oven.

WASCA Experiment: Using a probe thermometer we took the temperature of a hot chocolate drink which was prepared to 65°C. Approximately 15 minutes later, when the drink had cooled, the temperature was tested again and was 45°C. At this point, the hot chocolate was cool enough to drink and touch without risk of burning either mouth or skin. Note that a denser food, e.g. macaroni cheese or similar, may take longer to cool to the same temperature.

4 Hour / 2 Hour Rule

After cooking, food must be used immediately, refrigerated for later use, or thrown away depending on the time since cooking. To ensure food does not become hazardous and unsafe, use the table as a general rule.

Remember to include the total time food is at room temperature including preparation time, resting and cooling time after being heated to 60°C and the time before it is consumed by the customer.

 under 2 hours	Use immediately or refrigerate
 2-4 hours	Use immediately – do not refrigerate
 over 4 hours	Throw away!

NOTE: It is impossible to give a definitive time to allow food and drinks to cool to make them safe to serve that can be applied in every situation. Therefore if in doubt, test the internal temperature of the food using your probe thermometer.