

適溫適食

Get the Temperature Right



凍食貯存 **4°C** 或以下

熱食貯存 **60°C** 以上

室溫兩個鐘

容易變壞的食物要在配製或徹底煮熟後兩小時內放入雪櫃，如在室溫放超過四小時則不宜食用。

Two hours at room temperature

Put perishable food into the refrigerator within two hours of preparation or cooking. Discard food that has been left out at room temperature for more than four hours.

