

Fridge & Freezer Temperature

Kitchen

The temperatures that matter, and the danger zone between them.

Bacteria multiply fastest between 8°C and 63°C.

Zone	Temperature	Effect
Freezer	-18°C	Growth stopped
Fridge	0–5°C	Growth very slow
Danger zone	8–63°C	Rapid multiplication
Hot holding	Above 63°C	Growth stopped
Cooking	75°C core	Most bacteria killed

A fridge thermometer costs very little. Many home fridges run several degrees above their dial setting.