

Foodservices – Fact Sheet 2

High-Risk Foods

High-risk foods, also called potentially hazardous foods, are foods that are more likely to harbour dangerous bacteria and other disease-causing pathogens. High-risk foods must be kept within a certain temperature range to minimise bacterial growth or the formation of toxins that can cause food poisoning. It is important to manage high risk foods.

High risk foods have a neutral pH, food source such as protein or starch and moisture.

If food is prepared incorrectly these factors creates a favourable environment for dangerous bacteria and food is not kept under temperature control, they can grow and produce toxins that can cause food poisoning.

Examples of high-risk foods:

- Dairy products (milk, cream, cheese, yogurt, and products containing them such as cream pies and quiches)
- Eggs
- Meat or meat products
- Poultry
- Fish and seafood
- Rice
- Pasta
- Seafood
- Gravy



How should high risk foods be stored:

- Keep high-risk food at 5°C or below or above 60°C to avoid the temperature danger zone
- Store raw foods below cooked foods
- Store food in suitable, covered containers

- Avoid refreezing thawed foods
- Check and observe the use-by dates on food products
- Take special care with high-risk foods

Why is cook rice a high-risk food?

Uncooked rice can contain spores of *Bacillus cereus*, bacteria that can cause food poisoning. The spores can survive when rice is cooked. These bacteria will multiply and may produce toxins (poisons) that cause vomiting or diarrhoea.

If your home needs support, development, review of these resources to build foodservice systems, please contact Dr Karen Abbey (Email: KAbbey@paltd.com.au, Mobile: 0417 608 206)

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