

# Reheating Food





- To ensure safety and quality of foods, it is not allowed to reheat cooked foods more than one time.



Foods that are reheated in microwaves should be stirred frequently to ensure balanced distribution of heat. Reheating time should not be less than 2 minutes.



## Do you know?



Cooked foods that are cooled and stored at 5°C, can be reheated. Such foods should be served immediately. And should not be kept more than 2 hours at room temperature.



Reheating time should not exceed 1 hour.

The internal temperature of reheated food should reach 75°C.







## Best Regards

Food Safety Awareness

Studies & Food Planning Section

Food Control Department

