

Temperature Storage Chart

Food item	Type of food	Temperature (°C)	Temperature (°F)
Meat	Frozen meat	< -12°C	< 10°F
	Thawed frozen meat	0°C to 4°C	32°F to 39°F
Fish & seafood	Frozen seafood	-18°C	0°F
	Thawed seafood	0°C to 4°C	32°F to 39°F
Vegetables	Vegetables	0°C to 4°C	32°F to 39°F
Dairy	Milk	2°C to 4°C	35°F to 39°F
Eggs	Eggs	3°C to 4°C	37°F to 39°F

Source: The Environmental Public Health (Food Hygiene) Regulations issued by National Environment Agency (NEA), 2005. Singapore.

