

Heat Safety: Food

Keeping your food safe is always important but especially so in hot weather and extreme heat. Bacteria grows much more quickly when conditions are hot, increasing the risk of food poisoning.

Here are some helpful tips:



Be food safe

- + Keep fridge temperature below 5°C
- + Always thaw food in the fridge
- + Put leftovers in the fridge quickly, once cooled
- + Dispose of cooked or refrigerated food left out for over 4 hours
- + Use a cooler bag when buying groceries
- + If in doubt, throw it out

Read more about staying safe and healthy during heatwaves at bluecare.org.au/heatsafety



- + Keep your fridge door closed as much as possible

If you need medical advice during the heat, call 13 HEALTH (13 43 25 84) or in the case of an emergency, always call triple zero (000).



**Queensland
Government**

BlueCare's heat health resources were funded by the Queensland Government under the Sector Adaptation Plan co-investment program, to advance climate change resilience in the human health and wellbeing sector. This is another example of how the Queensland Government's [Climate Action Plan](#) is making a difference.

Sources: Queensland Health, [Hot Weather Health and Safety](#), 2025. Queensland Government, [Temperature control – food safety](#), 2026.

bluecare.org.au/heatsafety

**Heat happens.
Stay Cool.**