

FATTOM Definition

F **ood:** Microbes need nutrients, especially protein/carbs, to grow.

A **idity:** Most pathogens grow best at neutral pH.

T **emperature:** Danger zone is 5°C to 60°C (41°F to 140°F).

T **ime:** The longer food sits in danger zone, the higher the risk.

O **xygen:** Some microbes need oxygen, others don't.

M **oisture:** Microbes thrive in moist environments.