

# Food Safety



Follow these four tips to prevent food poisoning and waste.

## 1. Clean...

- Wash your hands with hot soapy water before handling food and after touching raw food including eggs.
- Thoroughly wash and dry chopping boards, utensils and work surfaces before use.
- Wash fresh fruit and vegetables under running water before using.

## 2. Cook...

- Defrost food in the fridge or microwave - never on the bench or sink.
- Cook poultry, pork, minced meat and sausages until juices run clear (not pink). Cook eggs until no longer soft.
- Reheat leftovers until steaming hot before eating.



## 3. Chill...

Food poisoning bacteria can grow in food that is between 5 and 60 degrees Celsius.

- Make sure perishable foods are refrigerated and used as soon as possible.

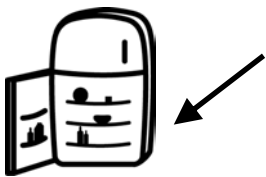
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- Refrigerate hot food as soon as it stops steaming- don't let it cool to room temperature on the bench.
- Use meat, chicken or fresh fish quickly, or freeze it. If in doubt, throw it out!

#### 4. **Separate...**

- Wash your hands after handling raw food.
- Use separate utensils and cutting boards for raw and cooked food.
- Store raw meat, chicken or fish in sealed containers at the bottom of your fridge away from ready to eat foods and vegetables.
- Do not store food in opened cans.



#### 5. **Tips for buying safe foods...**

- Check 'best before' and 'use by dates' before purchase.
- Do not buy food in damaged containers – especially canned food.
- Do not buy cracked or dirty eggs.
- Buy cold or hot foods last, and get them home fast. It can help to have an esky in your car to transport refrigerated items.

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- Some foods are ‘high risk’ if you are over 60. These foods include:
  - ready to eat cold meats
  - pate and soft cheeses
  - pre-prepared or pre-packaged fruit, vegetables or salads from salad bars and
  - smoked or ready to eat chilled seafood.