

## FOOD SAFETY

*Pathogenic bacteria grow very quickly in the presence of food, time, warmth, oxygen and moisture.*



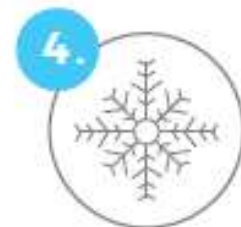
CLEAN



SEPARATE



COOK



CHILL

### 1. CLEAN

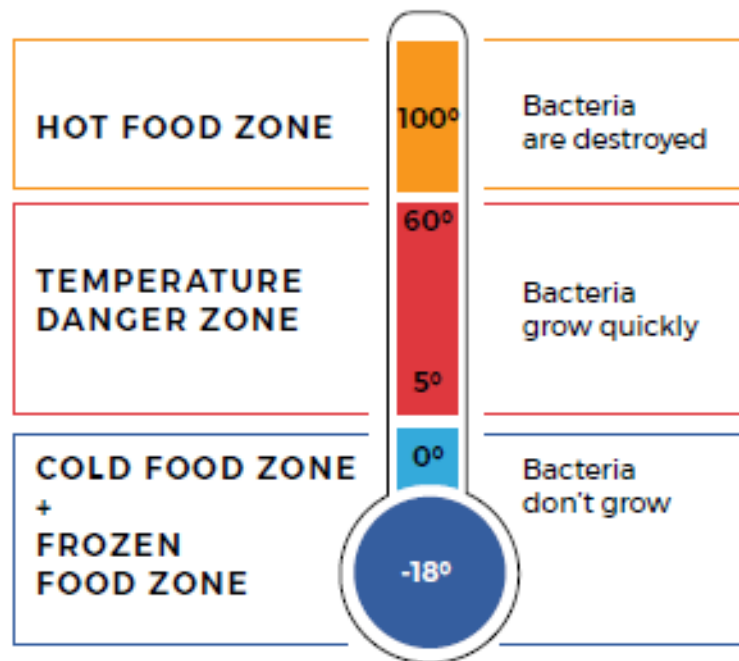
- Wash your hands thoroughly in hot soapy water before and after handling food. Dry carefully.
- Make sure all preparation surfaces, chopping boards, cooking equipment, tea towels and dishcloths are clean.
- Use separate chopping boards for raw meat/ fish products. Scrub thoroughly using hot soapy water after use.
- Wash all fruit and vegetables before eating

### 2. SEPARATE

- Keep fresh or cooked ready to eat food separate from raw meat, chicken and fish. Use separate chopping boards and cooking utensils and scrub thoroughly after use.
- Store cooked, covered food in fridge **above** raw food for no more than two days
- Store raw meat in fridge **below** fresh products to prevent any juices dripping onto food. If you are not planning to eat these foods within 2-3 days, freeze immediately.

### 3. COOK

- Defrost frozen foods thoroughly in fridge or microwave before cooking.
- Cook meat products thoroughly. Pork and chicken juices must run clear.
- If you cook food, and do not plan to eat it within 2 hours, refrigerate within 30 minutes and reheat when required.
- Reheat leftovers until steaming hot and only reheat once.



### 4. CHILL

- Chilled food should be stored between 2°C - 4°C.
- Frozen food must be stored in freezer below -18°C
- Keep all food covered in fridge or freezer
- In summer use a chilly bin or cooler when shopping for meat, fish, chicken and milk products
- Do not refreeze thawed food. Once raw meat has been cooked then it is safe to freeze the meal.
- Cold food should be held in a refrigerator until it is needed. Don't leave at room temperature for more than 2 hours.