



Food safety tips

Clean

- Wash your hands thoroughly before and after preparing food.
- Make sure all utensils, surfaces and dish clothes/tea towels are clean.
- Use a different chopping board for meat; and for raw and cooked foods.



Cook

- Defrost frozen foods thoroughly before cooking.
- Cook food well until it is hot right through.
- Reheat leftovers until steaming hot throughout and do not reheat more than once.



Chill

- Do not leave food that needs to be chilled out of the fridge for long.
- Take a chilly bag shopping.
- Cover and chill any leftovers as soon as possible. Keep cooked food away from raw meat.
- Cover raw meat and place on a low shelf where it will not drip on other food.

