FOOD SAFETY

Food safety is about making sure that food is safe to eat and does not make people sick with food poisoning (vomiting and diarrhoea).
Remember: Clean, Cook, Chill so you don't get ill.

CLEAN

Always wash your hands with soap and dry them before cooking, after touching raw meat, and before eating.

You do not need to wash chicken and raw meat from the supermarket. Washing will spread germs in your kitchen.

Wash fruit and veggies with cold water and dry them with a clean towel.

After preparing meat and seafood, wash chopping boards and kitchen tools in hot soapy water and dry well.

Use different chopping boards for raw meat, seafood, and ready-to-eat foods like salads and cheese.

COOK

Reheat leftovers until they are steaming hot before eating them. Do not reheat leftovers more than once.

Cook raw chicken, sausages, and mince patties until the juices run clear and they are not pink in the centre.

Expired food is often smelly or slimy. If in doubt, throw it out.

CHILL

Eat leftovers within **two days** of cooking.

Keep leftovers in a container and store them in the fridge within **two hours** of cooking.

Defrost frozen foods like meat fully or they will not cook properly in the middle. If foods need thawing, defrost them in your fridge overnight in a closed container.

Store raw meat on the bottom shelf of the fridge, so juices don't drip on to other food.

If eating outdoors, use a chilly bin with ice packs to keep food cold.