

Keeping food safe



Growing Strong Feeding you and your baby

Great state. Great opportunity.

*Keeping food
safe makes sure
you and your
family don't
get sick.*



- Wash your hands in warm soapy water before cooking or eating.



- Wash your hands with soap after using the toilet, changing Baby's nappy, blowing your nose, coughing or playing with pets.





- Wash your hands after putting disposable nappies in the bin.
- Wash fruit and vegetables well before eating them.



- Cover food to keep flies off it.



- Clean up food scraps and put them in the bin, so that they do not attract flies, mice and cockroaches.



- Keep pets away from food and where you cook.
- Keep cooked food separate from raw food.
- Store chilled food in the fridge. Store leftover cooked food there too.
- Put raw meat, chicken and fish into a plastic container and store them on the lowest shelves of the fridge. This will stop them dripping onto other foods.





- Thaw frozen meat and other foods in the fridge.
Do not thaw food on the kitchen bench or in water.
- If you don't have a fridge, use an esky with ice.

- Use a clean cutting board for raw meat, fish or chicken. Only use that board for cutting raw meat, fish or chicken. Wash it well with hot soapy water after you use it.
- If you only have the one board, make sure you wash it well with hot soapy water before using it to cut anything else.



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For more information contact your local health worker
or call 13 HEALTH (13 43 25 84).



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