

Food Safety

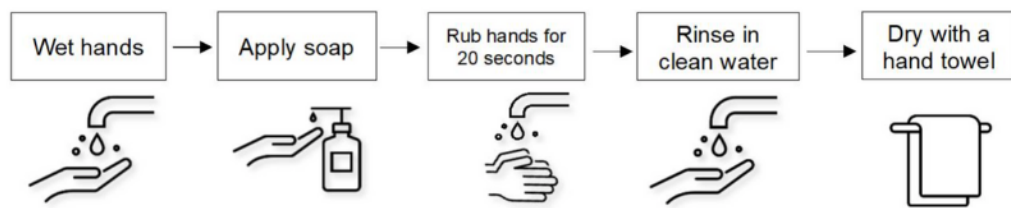
It is important to handle, cook and store food correctly to keep it safe. Eating unsafe food can make you sick. By following this basic food safety advice you can help protect yourself.

Check:

- Don't eat foods from damaged, swollen or dented cans.
- Never eat food past the '**use by date**'. Eat foods before their '**best before date**'.
- Always follow storage, reheating and cooking **instructions** on food packaging.
- Use leftovers before three days.
- If you cannot remember how long something has been in the fridge, discard the leftover.

Clean:

- Always **wash your hands** before handling, eating food and throughout preparation.

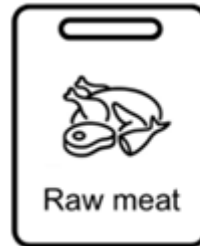


- **Clean all utensils and work surfaces** with hot, soapy water before and after use.
- Keep pets/pests out of the kitchen and away from all food and preparation areas.
- **Wash** fruits and vegetables well.

Separate:

- Use **separate** chopping boards and utensils for raw and cooked foods.
- Store raw and cooked foods in **separate containers**.
- Store raw meats at the bottom of the fridge on a plate or in a container to avoid dripping onto foods below.

Tip: Use different coloured chopping boards for different foods



Cook:

- Cook foods until they are **steaming hot**.
- When reheating foods make sure it is hot all the way through. Stir to ensure food is hot throughout.
- Keep hot food **above 60°C** until served.

Chill:

- Keep your refrigerator **clean** and ensure the temperature is **below 5°C**.
- Refrigerate leftover foods **once they stop steaming**.
- Defrost foods in the **fridge or microwave**, not on the kitchen bench.
- Do not refreeze defrosted food.

Tip:

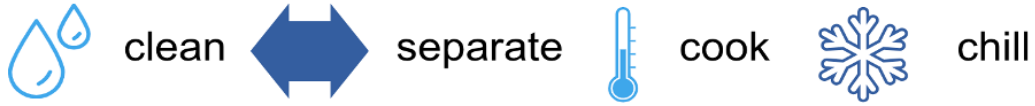
- *Divide food into small shallow containers to allow it to cool faster.*
- *Use a cooler bag and ice packs if you need to transport food.*

Watch this short
video about food
safety for leftovers!



Take home messages:

- Follow these four simple steps:



- Food safety is important to protect you and others from getting sick.
- Make sure you handle, store and cook foods by following these tips.

Further useful information:

- Visit Food Standards Australia and New Zealand (FSANZ)
<https://www.foodstandards.gov.au/consumer/safety/food-safety-basics>
- Food Safety Information Council
<https://foodsafety.asn.au>
- Contact your Dietitian: _____