

Australian Food Safety Week 14–21 November 2020

Food safety – it's in your hands

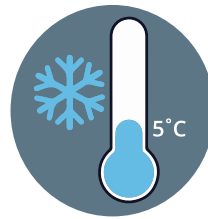
5 Simple tips to avoid becoming one of 4.1 million cases of food poisoning each year

1. CLEAN



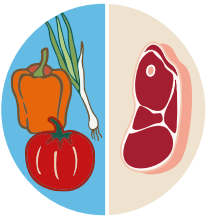
Wash hands with soap and running water before handling food, wash the dishes regularly and keep the kitchen clean.

2. CHILL



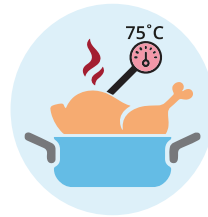
Keep the fridge at 5°C or below and clean it out regularly, refrigerate any leftovers as soon as they've stopped steaming and use or freeze them within 3 days.

3. SEPARATE



Prevent cross contamination especially between raw meat or poultry and other foods that won't be cooked like salads.

4. COOK



Cook poultry or minced products to 75°C in the centre, be aware of the risk of raw or minimally cooked egg dishes.

5. DON'T COOK FOR OTHERS IF YOU HAVE GASTRO



You could make them sick too so ask someone else to cook or get a takeaway.

Learn more about food safety www.foodsafety.asn.au/topic/food-safety-training/