

Food safety tips

Ensure kitchen and equipment is clean

- Clean and sanitise all food preparation benches, equipment and utensils
- Protect the kitchen and food from insects, pests, and other contaminants



Wash hands regularly

- Wash hands thoroughly before handling food and often during food preparation
- Use soap and warm running water and dry thoroughly with a single use paper towel

Separate raw and ready-to-eat foods

- Separate raw meat, poultry and seafood from other ready-to-eat foods when storing and preparing
- Ensure food is stored in covered containers



Cook high risk food thoroughly

- Cook poultry, minced meats, hamburgers, rolled or stuffed meats and sausages right through until they reach 75°C and juices run clear
- Reheat cooked food until steaming hot

Keep hot food hot ($\geq 60^{\circ}\text{C}$) and cold food cold ($\leq 5^{\circ}\text{C}$)

- Cool cooked food rapidly to below 5°C in less than 6 hours
- Thaw frozen food in the fridge or microwave, not at room temperature
- Adhere to the 2-hour/4-hour rule

