how you cook can make you *and others* /crook

Clean 💧

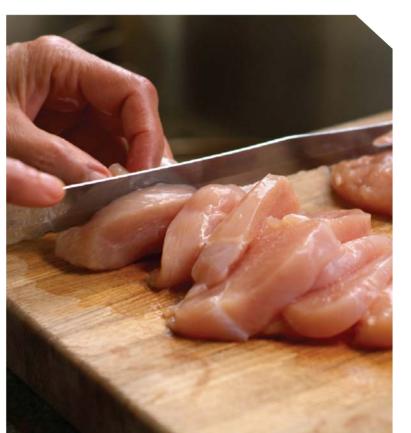Cook 🔴

Chill 🔵

Separate <>

You're in control of food safety if you CLEAN, COOK, CHILL and SEPARATE

food safety tips

Each year, there are an estimated 5.4 million cases of food poisoning in Australia.

Of those, around a third are thought to be caused by food handling mistakes in the home.

You can prevent food poisoning by following the four tips:

- 💧 Clean
- 🔴 Cook
- 🔵 Chill
- <> Separate.

if you are sick, ask someone else to cook

clean 💧

- 💧 Our health is in our hands! Clean hands will decrease the possibilities of food poisoning and other diseases markedly. Remember the 20/20 rule:
  - → wash hands for 20 seconds with warm soapy water
  - → dry hands for 20 seconds before starting to cook
  - → repeat frequently especially after handling raw meats, poultry or vegetables with visible soil.
- 💧 Wash and dry chopping boards, utensils and work surfaces after preparing raw meats and poultry.
- 💧 Use thoroughly cleaned chopping boards, utensils and crokery for food that will not be cooked or heated before eaten such as salads.

cook 🔴

- 🔴 Cook chicken, minced or boned meats, hamburger, stuffed meats and sausages right through until all juices are clear.
- 🔴 Defrost frozen poultry, minced, rolled and stuffed meats thoroughly before cooking.
- 🔴 Always follow cooking instructions on packaged foods.
- 🔴 Reheat to steaming hot before eating.

chill 🔵

- 🔵 Keep your fridge at 5° Celsius or below.
- 🔵 Keep perishable food in the fridge.
- 🔵 Refrigerate hot food as soon as it stops steaming.
- 🔵 Refrigerate leftovers promptly.
- 🔵 Defrost food in the fridge, not on the kitchen bench.
- 🔵 If in doubt, throw it out.

separate <>

- <> Keep raw meat and poultry from touching other food.
- <> Keep raw meat and poultry in the bottom of the fridge or in a sealed container so it can't drip onto other food.
- <> Cover all stored food.

contacts

For more information about food safety go to **www.foodsafety.asn.au**, call 0407 626 688, or e-mail **foodsafety@ozemail.com.au**

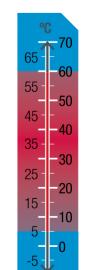### the danger zone 🟣

Keep food hot, at or above 60° Celsius, or cold, at or below 5° Celsius.

Food poisoning is caused by bacteria and viruses in our food. Cooking food kills them but it's important to prevent cooked food becoming contaminated again. Food poisoning bacteria multiply rapidly in food with a temperature between 5 and 60 degrees. Keeping perishable food below or above these temperatures can prevent bacteria growing.

°C 70
65 60
55 50
45 40
35 30
25 20
15 10
5 0
-5

Keep food hot: 60ºC or above

Food poisoning bacteria can live and multiply in foods with temperatures between 5ºC and 60ºC.

Keep food cold: 5ºC or below

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