

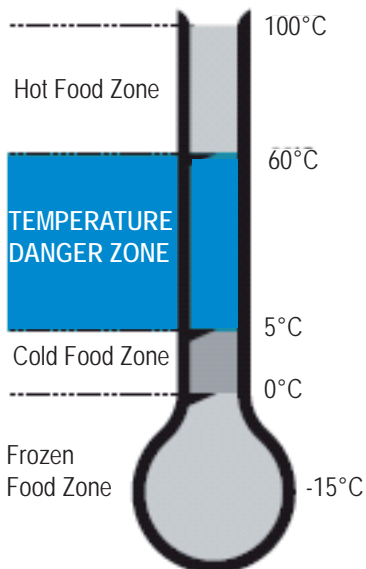
Shopping

Choose carefully when buying food

Even if food producers and sellers have followed the food safety laws, the quality and safety of the food can sometimes be affected by how it is handled by you, the consumer.

Once you purchase food, the safety of that food also becomes your responsibility.

- Only buy from reputable suppliers with clean and tidy premises.
- Check use-by dates and labels, avoid food past its use-by dates.
- Check food labels for allergen and nutritional information.
- Avoid products in damaged, dented, swollen or leaking cans, containers or other packaging.
- Avoid food that seems spoiled, such as mouldy or discoloured products.
- Check that serving staff use separate tongs when handling separate food types.
- Only buy eggs in cartons that identify the supplier—avoid cracked or soiled eggs.
- Avoid high-risk chilled and frozen foods that have been left out of the fridge and freezer.
- Avoid hot foods that are not steaming hot.
- Avoid ready-to-eat foods left uncovered on counters.
- Prevent meat, chicken or fish juices leaking onto other products.



If you have serious concerns with the way food is handled, stored or prepared by a business, contact your local council health department.

Keep your food in the 'right' zone - at the shops

- Buy your chilled and frozen foods towards the end of your shopping trip.
- Hot chickens and other hot foods should also be purchased later in your trip and kept separate from cold food.

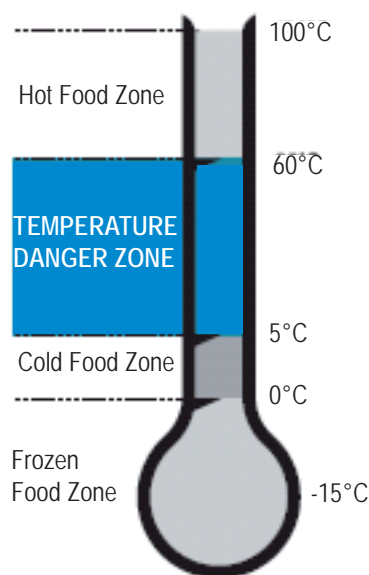
food safety



Get food home quickly

- If you have purchased hot, chilled or frozen foods, you should get them home as quickly as possible.
- For trips longer than about 30 minutes, or on very hot days, it's a good idea to take an insulated cooler or bag with an ice pack, to keep chilled or frozen foods cold.
- Consider placing hot foods in an insulated container for trips longer than about 30 minutes.
- Consider wrapping hot foods in foil.
- Once you arrive home, immediately transfer chilled and frozen food into your fridge and freezer.

Keep your food in the 'right' zone - when storing and transporting food



- Keep chilled food at 5°C or colder.
- Use a fridge thermometer to check the temperature in your fridge. The temperature should be below 5°C.
- Keep frozen food frozen solid.
- Keep the freezer temperature around -15°C to -18°C.
- Keep hot foods at 60°C or hotter.
- Throw out high-risk food left in the Temperature Danger Zone for more than 4 hours.
- Consume high-risk food left in the Temperature Danger Zone for more than 2 hours—don't keep it for later.